

2013

## The Edition, 24th of September, 2013

DIT News Society

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## What's going on at DITSU? p3



## Curiosity p12-13



## Limerick leaders p18



# 'Impossible' house-hunt for students

Erasmus and exchange living in hostels indefinitely

Many poor-quality flats on market at high prices

**Aislinn McCooey**

This year students are facing one of the most serious housing shortages in recent memory. Nationwide the properties available to rent decreased by a third with this figure shooting to a huge 43 percent in Dublin.

Daft.ie have the average price of a single room in Dublin city centre at €433 per month, which is an increase of 6.9 percent from a year ago, and a double room increasing by 4.4 per-

cent to €521 per month.

Student Sarah Hughes is from Athlone and because she hasn't yet found somewhere to live she has been forced to commute. "I've been looking for a house for over a month and still haven't found anywhere, I've been getting up at five every morning to travel up or staying on friends' couches."

Aungier Street Student Aidan Kelly sums up his search in two words: "it's impossible".

According to the DIT Student's Union's vice president for welfare Fia-

chrá Duffy, the shortage has affected a huge number of students as large numbers of professionals are now choosing to rent rather than buy.

He went on to say that Erasmus and exchange students are really struggling, with many having to live in hostels indefinitely.

However, Duffy warned desperate students not to compromise on housing and due to the high demand there have been cases of sub-par properties.

**Continued**

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## Edition Auction

Do you want Bertie in your bedroom? p2



"Pimp My Party". A little piece of Irish history: Young Fianna Fáil Society publicity poster, circa 2008. The highest unique bidder can take him home.

Photo: Edition Staff

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# NEWS

News Editor: Position Available [editor@edition.ie](mailto:editor@edition.ie)

## In Numbers

62 years

Mayo's wait to win the All Ireland football goes on

54%

TUI accepts Haddington Road by narrow margin

3

Number of people who signed up to UCC alcohol-free flats

42.5%

Of votes to Angela Merkel's CDU party in German election

80+

Clubs & Socs at DIT

180+

New jobs across country annoucned today



Reel Soc and the LGBT Soc at the first day of socs week. Entertainment is easy to find at Clubs & Socs week 2013



Photo: Edition Staff

# Day 1: Clubs & Socs week

Shauna Irwin

This year's Clubs & Socs week kicked off to a good start yesterday with its annual buzz and hectic atmosphere.

The first day of the annual event took place in Aungier Street with over 20 new and old clubs and societies

promoting themselves and trying to entice new members.

Among these was the LGBT society, which has won awards in previous years such as 'best society' and 'out-standing contribution'.

"LGBT is necessary for every college," said PRO Cillian.

Member of the one of the oldest so-

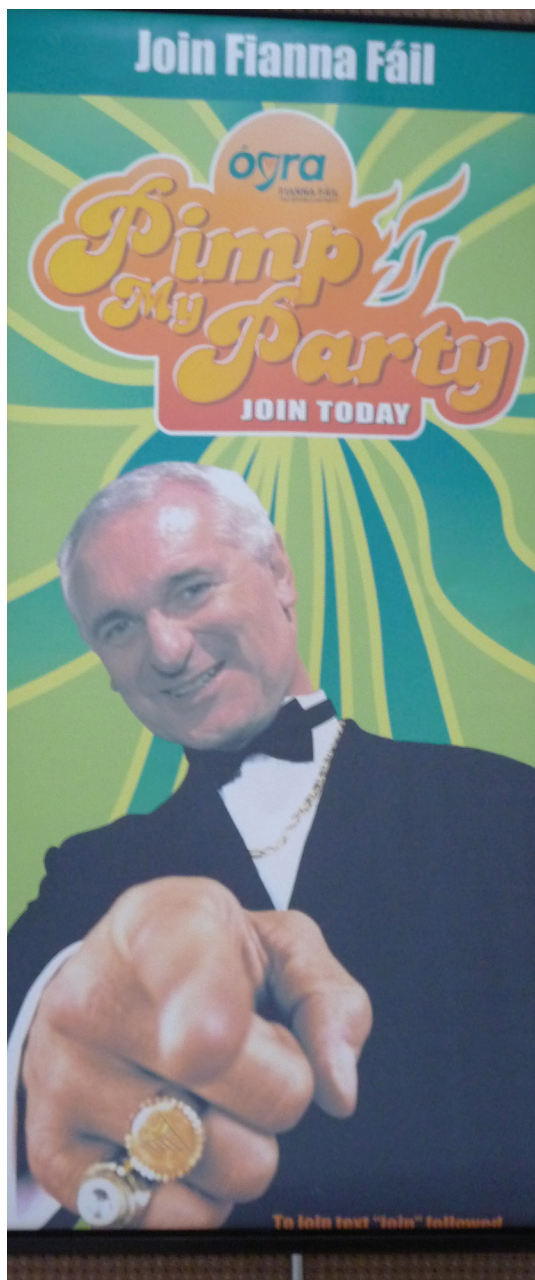
cieties in DIT, the Cumann Gaelach, Stephen Conaty promised to "organise events through the medium of Irish to promote the language and culture", while President of the Society Padraig promised "píosa craic, spraoi agus Gaeilge".

The week is not over yet and there will be more fun, treats and entertainment in the various DITs around

the city.

The fun, games, free goodies and entertainment (including juggling soc's performances) will start every day this week at 10am in the various colleges.

Kevin Street is hosting today's bash, it takes place tomorrow in Mount Joy Square and Cathal Brugha Street and in Bolton Street on Thursday.



## Edition Auction

The Edition has fortuitously come into the possession of a little piece of Irish history.

This Ógra Fianna Fáil publicity poster (genuine) was used to promote the party circa 2007/2008, pre-bust. Gangster-themed, and in excellent condition. 7" by 3".

Rather than selfishly display this in our own office, The Edition would like to offer the piece to auction.

An excellent addition to any living room, protest rally, or cathartic ritual.

**Deadline 5pm,  
September 30th.  
Highest bid wins.**

**email bids to:  
[editor@edition.ie](mailto:editor@edition.ie)**

# Ents App tops charts

Al McConnell

DIT Students' Union Ents App, the first of its kind in the country, has launched and reached top spot in the lifestyle charts on Apple's App Store within hours.

The App, available on iPhone and Android, provides information on DITSU events, deals available throughout the city, and a direct contact facility to Will Meara, Vice President for Events at the DITSU.

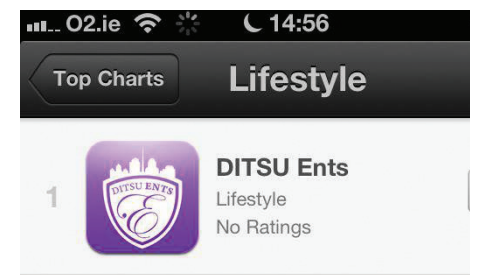
Speaking to The Edition after the official launch of the App, which saw it top eBay, Done Deal and Adverts.ie in the lifestyle charts, Meara discussed the long process of turning an idea from his time at the DITSU last year, into a reality.

"This time last year I wanted to bring in a new App, but it was only in the summer that we had the opportunity to go for it," he explained. "It actually didn't take that long to do it, but it was a lot of work and organisation, so it was very intense."

For an organisation such as the DITSU which is founded upon communication with its student members, Meara explained that the App could become a cornerstone of its operations.

"At the moment there's a bit of a problem reaching students," he said. "Facebook marketing is now becoming white noise with so much around, and the only way to get around that is to go back to the old style of marketing handing out fliers and going to classes; all very time consuming. The alternative is to go beyond these technological doldrums, and develop something like this."

Producing an App that stands out from the crowd is no mean feat, and certainly does not come cheap. It also carries an inherent risk following the up-front investment, as success can only be achieved if awareness and pop-



ularity is created. To avoid risking students' money, therefore, Meara ensured that the project was funded by revenue that the DITSU had generated for the purpose.

"Using money generated specifically for this meant that if it didn't work, it wasn't the students' money being lost, so it was ours to do with what we will," Meara explained. "In the end it cost about half of what we were expecting, and we've already made the money back, so we're now raising revenue to put back into our other activities."

Targets for the App include generating at least 100 deals for students by Christmas, of which there are now approximately 50 percent in place, and another 200 in the second term.

According to the latest survey carried out by Campus.ie, 76 percent of third level students in Ireland now own smartphones, making this development a sign of things to come for the DITSU and colleges around the country.

As Meara stated, "the best part of this is that we can get the message to all those students in a way that no-one else is doing."

"A few months down the line when we have push notification software, we'll be able to contact students directly with information on what's happening, and what events are on," he continued. "This could become the be all and end all."



# Gazillions of Brazilians

Irish and Brazilian governments agree ambitious education scheme

Andrew Donovan

Thirty-five Brazilian students have arrived in Dublin to take part in the science without borders programme (Ciência sem Fronteiras) in DIT this year.

Another 35 students are improving their English in language schools such as CES and the Emerald Institute. They will be joining DIT in January 2014 and September 2014

SWB is a Scholarship programme run by the Government of Brazil with the aim of placing over a 100,000 students in higher education institutions throughout Ireland over the next 4 years.

Josianne Deloire is the Coordinator for Brazil : Science Without Borders programme for DIT. She says it is an extremely important opportunity for DIT and for the Brazilian students who were

selected to take part in the programme. As well as continuing their studies in their chosen areas for a full academic year, they will experience a new culture and broaden their education.

The 35 students are taking a full year of study for 60 ECTS in the Schools of Engineering and Science in year 1, 2, 3 and final year.

This project is taking place in Universities and Institutes of Technology's all over the country and over 600 Brazilians have already arrived with over 150 in NUIG alone.

An Enterprise Ireland Trade mission to Sao Paulo is planned in October furthering the already strong ties between the Brazilian and Irish Governments.

A delegation from DIT will be heading over on October 19th for The Brazil Higher Education Fair (Salão do Universitário)



Ciência sem Fronteiras students are also in Canada and Italy under the scheme

Students can follow the progress of our new Brazilian colleagues on the facebook page DIT-Brazil. Responding to a question asking, "What are you most looking forward to about coming to study in DIT?"

One student replied saying "I'm a computing student so I'm very excited about the possibility of working in the Silicon Valley of Europe!! DIT is one of the best IT institutions in the world, so I'm looking forward to learn a lot!"

## Key targets

100,000

Brazilian third-level students in Ireland within four years

35

Have joined DIT this September under the scheme

# DITSU working to recover from messy situation

Resignations in August left DITSU without independent external directors

Board not fully constituted for over a year, Schedule E nine months overdue

Al McConnell

DITSU Ltd, the supporting company behind the DIT Student's Union, is currently working to recruit a new independent External Chairperson and two further independent external directors, following the unexplained departure of two directors in mid-August.

According to DITSU President Glen Fitzpatrick, the "unexpected" and "regrettable" departure of Kevin O'Driscoll and Antoinette Quinn have left DITSU Ltd without any independent external directors for the last month.

DITSU representatives and O'Driscoll declined to comment on the events in August, and Quinn was unavailable for comment, but it is expected that a spotlight will be turned on the circumstances surrounding their departures at the first meeting of the Student Council on October 17th.

O'Driscoll was awarded lifetime honorary membership of the SU in May of this year and was due to leave the role in November.

It has also been revealed that although a schedule of the DITSU constitution states that the board

should include an independent chairperson and two further independent directors, this full cohort has not been in place since the new constitution came into force in the summer of 2012, and that a missing schedule to the constitution, were it not nine months overdue in being added, may have included measures to plan for such a circumstance. 'Schedule E' of the constitution, which the constitution itself required to be in place by 2013, is currently blank.

Hugh O'Reilly, the independent chairperson to the Student Council, told The Edition: "I would advise that in order to plan for certain unexpected events, such as key board members leaving, there must be some sort of transition plans put in place. I'm not saying that [Schedule E] is definitely the place to include these, but as this issue has arisen in the last month I would say it is certainly something that could be suggested."

Fitzpatrick could not explain why Schedule E was not completed last year, under the previous DITSU administration, but offered the comments that the board as a collective had a duty to carry out the require-



DITSU offices in the Aungier St basement - a hive of activity in the last month.

ment, and that ultimately "responsibility for the enhancement of democracy in an organisation ultimately lies with the president."

Fitzpatrick also said that had there been the full cohort of three independent directors that the constitution provides for, the current situation would not have been as difficult.

"I've been on the board just over a year now and the most number of ex-

ternal directors there ever has been is two," he explained.

"For the first half of my term as vice president there was only one. There were discussions around that time about needing to get more external directors on board, and it probably didn't happen as quickly as it should have."

The Edition will be closely following developments in this story.

## News Bulletin

### Mrs Brown attends DIT

DIT has defended its decision to host a day of 'Mrs Brown's Boys' filming on the Aungier Street campus on the first day of term.

Buildings maintenance manager Colm Gillen, who oversaw the day while buildings officer Paul McDunphy is on leave, told The Edition that the timing of the filming was determined by the scheduling that Mrs Brown's Boys has set out for filming, and that DIT received only a small remuneration for the event under a standing contract that the college holds for filming events.

Gillen went on to comment that there was a "good buzz" around the college on the day, that it was on DIT's request to have media students involved in the filming process, and that overall it was good publicity for the college.

"Brendan O'Carroll is a part of Dublin just like DIT itself is a big part of Dublin," said Gillen.

The decision to allow the filming to take place on the first day of term followed a meeting of DIT officials to discuss whether the disruption would be excessive, and it was decided that this would not be the case.

Filming took place in the foyer of the Aungier Street campus, which was closed off for most of the day, and 'Mrs Brown's Boys' staff were placed around the filming area to maintain quiet.

Mrs Brown's Boys follows many others who have filmed at DIT, including well-known puppet duo Podge and Rodge.

### Publin in rare old times

Finding your nearest, cheapest pint, or the best pint of Guinness within walking distance of your DIT campus, thanks to Publin, who have launched a new App for iPhone and Android.

John Geraghty, who produced the App, told The Edition that the idea came from his time working as a tour guide around the city, when he realised how much money tourists were spending in bars throughout the day.

"It's from my own experience as well," he said. "Nobody likes the fact that the price of a pint is so high in Dublin, and I noticed that quite a few pubs had started to put up deals in the last while."

The App allows users to view a map with their current location and the nearby pubs highlighted according to their search preferences. Pubs can be filtered by beer garden, prices, pool tables, wifi, gluten-free, nightclubs and events.

Geraghty also included a craft beer feature in the App, which shows users where to find a pint from off the beaten track.

"With prices going up," he explained, "people seem to want to get value for the money that they are paying."

It is unlikely that the App will put to bed the debate on where the best pint of Guinness can be found in Dublin, but Geraghty's own vote goes to the Long Hall, and users of the App can view ratings of each location.



## “ THE EDITION HAVE YOUR SAY

Saoirse Ivory asks the question:

### Should the voting age be lowered to 16?



No, I think once you're 18 you carry certain responsibilities that you don't have when you're 16, so I think it's best to have it the way it is.

**James**  
(Arts)



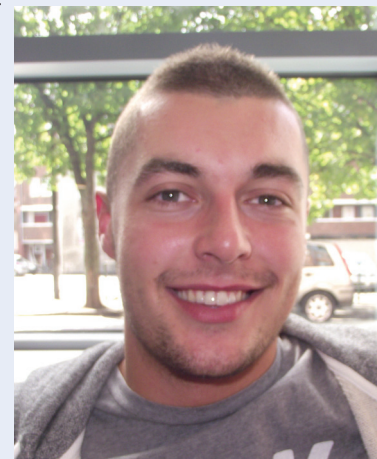
I think so, because some 16-year-olds would have an interest. Then again, it might be votes wasted if they don't know what they're talking about

**Joanna**



No, 18 is young enough! People are getting too old, too quick.

**Colm**  
(Business Management)



I think definitely. The Government is a joke. We need some younger opinions

**Karl**  
(Marketing)



No, because younger people don't really have much interest in politics

**Catherine**  
(Business Management)

## Irish Unis fall further in rankings



Trinity one of only two Irish universities to rise in QS rankings

Photo: Brian Walsh

**Colin Layde**

The regard in which Irish universities are held internationally continues to fall as funding cuts and the current climate of austerity take a toll.

Six of the country's eight universities saw their standing fall in the annual QS World University Rankings.

The factors which the QS rankings take into account include the reputation of the university, ratio of faculty to students, and the volume of academic research published by the faculty.

Dublin Institute of Technology (DIT) has slipped from among the

415-500 group last year, now being ranked in the 500-550 bracket.

University College Dublin (UCD) also saw its ranking fall from 131st to 139th place last year.

Elsewhere, University College Cork (UCC) is down 20 places to a tie for 210th, while Dublin City University (DCU) has fallen to 324th spot.

However, there was better news for Trinity College Dublin (TCD) and National University of Ireland Galway (NUIG), who both rose in the latest rankings.

TCD has risen from 67th to 61st, and remains the only Irish university deemed worthy of a place in the top 100.

NUIG also saw its standing improve, up three positions to 284th on the list.

The fall in standing of Irish universities comes amid continuing cuts in State funding in a bid to reduce public expenditure. QS said the imposition of austerity measures had been the major contributing factor in Irish universities' performance.

QS also said that Ireland had cut third-level funding by 25 percent over the last four years. This has led to higher student to faculty ratios, and a fall in the reputation of Irish colleges among multinational employers.

Irish universities have now dropped an average of 63 places in the QS University Rankings since 2009.

At the other end of the list, the top 10 was dominated by American and British universities. Massachusetts universities MIT and Harvard are ranked first and second respectively, with Cambridge University completing the top three.

Despite the poor performance of Irish universities, all eight remain among the top four percent of third-level institutions globally.

Continued from p1



## 'Impossible house-hunt for students'

"Check out how long the commute is and also the cost of the commute and to add it on top of your rent when calculating costs," he said.

Collegecribs.ie also has some useful advice on what to ask when house-hunting, and reminds students: "Before you hand over any deposit or sign a lease, make sure you view the property and are happy with it. Get a receipt for the deposit. At the end of your tenancy you should get this

back unless: a) there is outstanding rent or b) there is damage to the accommodation beyond expected wear and tear."

Duffy said of the DITSU role in this crisis: "we're doing our best to try to help as we understand that students are going through a tough time."

If any students have any problems they should call down to their Student's Union office, or contact Duffy at welfare@ditsu.ie.





Demolition under way at Grangegorman. Private funding will now be sought for sections of the development, as austerity hits plans.

Photo: GDA

# Grangegorman seeks €200m private funding

Central, East Quad areas require funding as economic downturn affects plans

**Barry Lennon**

The redevelopment of DIT at Grangegorman will require a funding injection from the private sector, as it was announced earlier this month that €200m in private investment will be sought to help fund the project.

The contract being offered by the government to private investors will fund the finance, building and maintenance of two sections of the new campus; the Central and East Quad. It is unlikely that the contract will be awarded to an investor until 2015.

This part of the new campus will house tourism, engineering, science and applied arts students. Most of

these students will come from the current Cathal Brugha Street and Kevin Street buildings.

"The Central and East quad are very large pieces of the overall jigsaw as they alone will see over half of DIT arriving in Grangegorman in four years.

That makes today a very significant milestone for the project," said the chief executive of the Grangegorman Development Authority, Michael Hand.

The project will see the college move from its current 39 locations across Dublin to one 73 acre site at the former St. Brendan's mental hospital in the north inner city.

The first students from Mount Joy Square and are expected to move on

to the new site in 2014 which will accommodate 1,000 art and design students by then.

Originally the Grangegorman project, which was first put forward in the 1990s, was to be funded by the sale of DIT buildings.

However, the downturn in the economy and a collapse in the property market forced DIT to seek initial funding for the project from the government.

Grangegorman then suffered a setback when the government temporarily shelved funding for it in November 2011, along with a number of other projects.

However, the chief executive of the development, Hand, said that it would go ahead at the time.

It received a boost when the new DIT campus was granted permission from An Bord Pleanála in May last year.

A further boost came two months later, when it was announced as the 'flagship project' of the government's infrastructure stimulus package in July last year.

The government now look to private investors to help fund Grangegorman which is the first large infrastructural project of its kind since the crash.

Junior Finance Minister Brian Murphy has already travelled this month to England to attract private investors to fund this stage in the Grangegorman development as well as other large infrastructural projects in Ireland.

## Student ingenuity vs college failings

**Barry Lennon**

DIT students have complained to DITSU about the new online timetables launched by the college this summer, with many opting to use a mobile phone App designed by student Michal Dabski instead.

The App, which Dabski launched last year but recently updated, produces a weekly schedule based on IT course codes. After the significant difficulties with electronic timetabling through the college's own system, the 'DIT Timetables' App saw a spike in downloads, and is now rated five stars by 28 users on the Google Play service.

Students complaining to the student's union offices found the updated system difficult to use said Union president Glenn Fitzpatrick, who described the new service's as 'not user friendly.'

"I emphasise with students. I found it (the online timetables) difficult to use myself. It took me 10 minutes to work it out," said Fitzpatrick.

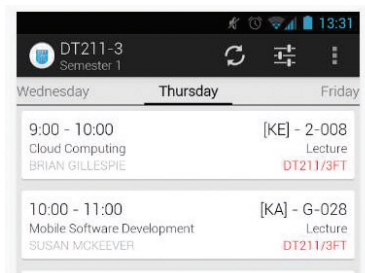
"I have already addressed the issue the college President (Brian Norton). If a more user friendly solution isn't found within reasonable timeframe we (the student's union) will have to up the ante and bang some tables."

PDF instructions are available online describing how to use the sys-

"If a more user-friendly isn't found within a reasonable timeframe, we will have to up the ante and bang some tables" - Glenn Fitzpatrick

tems which are designed to provide the student a personalised timetable. The Edition itself found it difficult to use the new service managing to find its timetable on its third attempt.

Dabski, a student at the Kevin Street campus, was unavailable to comment on the widespread acclaim that the App has received from students and the SU president, who described it as simply "easier to use".



Android App 'DIT Timetables'

### THE EDITION editorial staff

The application process for editorial positions at The Edition is now open.

The following positions are available:

Deputy Editor

Photo Editor

News Editor

Chief Reporter

Eagarthór Ghaeilge

Opinion Editor

Features Editor

Lifestyle Editor

Culture Editor

Sports Editor

Chief Sports Reporter

Staff Writers

Chief Sub-Editor

The Edition wants to provide the best coverage for all DIT campuses, as a college paper should. Campus correspondent positions are therefore available for:

Rathmines

Kevin St

Aungier St

Mountjoy Square

Bolton St

Cathal Brugha St

email CVs to:

[editor@edition.ie](mailto:editor@edition.ie)

deadline 27/9, 10pm



# It's Friday, I'm in college



Will students have a say in the future of Seanad Éireann?

Photo: britishish.org

**Danielle Stephens**

On October 4th the Irish people will be asked to vote in both the Seanad Referendum and the Court of Appeal Referendum.

The two are scheduled for a Friday, meaning students across the country will have to choose whether to take a day off from college to travel home, or simply not to vote at all.

For DIT students who live outside of Dublin, it may mean a long journey home and a waste of a college day, which is something that the Student Union is unhappy about.

The president of the Student Union, Glenn Fitzpatrick, thinks that this is an example of the Government "sti-

fling democracy". He said that the decision to have the referendum on a Friday forces young people out of vote.

Besides the inconvenience of having to get home, Journalism and French student Siobhán McGuire doesn't agree with the decision on a democratic level. "It's not fair that as an Irish citizen I have to travel home. Once I'm in Ireland I should be able to vote in Ireland, wherever I am," she said.

One of the reasons that the voting day was set for a Friday was due to the record low numbers that turned out for last year's Children's Referendum, with only 33.5% showing up.

Some DIT students said that even though they didn't like that they

couldn't vote, they weren't sure if they would have turned up to a polling station.

Business and Management student Sophie Fleming can't travel home to Kildare to vote. However, she admitted that she didn't really care about the upcoming referendums.

Glenn said that the Government are choosing the least contentious issues in trying to back up their decision on Saturday voting.

"Everyone was overwhelmingly in favour of passing the Children's referendum; it was obviously going to be passed," he explained.

Likewise, he doubts whether the Seanad or the Court of Appeal will give students any great cause to make the effort to travel home.

Spokespeople from the Department of Taoiseach, the Department of the Environment, Community and Local Government and the Fine Gael party weren't sure who was in charge of scheduling the day of the referendum, and therefore could not comment on why it will take place on a Friday.

There are ways to avoid travelling home to have to vote. A spokesperson for Referendum Ireland said that DIT students can apply for postal votes, meaning that they can vote in Dublin.

However, the deadline for applying for this system passed on the September 9th. Joseph O'Sullivan, an Accounting and Finance student, didn't realise that this was an option and said: "It's annoying that now I can't have an effect on what happens".



Photo: USI

DITSU president Glenn Fitzpatrick promoting the USI National Day of Action

## USI to hold a 'day of action'

Protests against further education cuts to be held in Sligo, Cork and Dublin

**Al McConnell**

The Union of Students in Ireland will hold a day of protest across the country on October 1st, to highlight long-term youth unemployment, protection of the student grant, and protection of the 'Back to Education' scheme, ahead of the upcoming Budget.

Following the three arrests and injuries that occurred on Wednesday the 18th in front of Leinster House, the USI has been working with An Garda Síochána to ensure that the protest passes off safely, but effectively.

Paddy Guiney, the USI vice president for campaigns, told The Edition that with the Budget coming a month earlier this year, planning has been particularly tight, but that the priority remains organising "the safest and most effective protest for our students".

"The gardaí have been very supportive," he explained. "We certainly don't want to see the same thing that happened last week in front of Leinster House."

On the current plans for the day of protest, Guiney outlined that the Dublin protest will take place between 4pm and 6pm outside Leinster House, and will be followed by a small demonstration outside the Department of Public Expenditure, which will continue with a 'sleep-out' into the night.

DITSU president Glenn Fitzpatrick also spoke to The Edition about the huge importance of getting the student message across to politicians ahead of this year's Budget.

"The main message we're trying to get across is that the grant needs to be protected after being cut four years in a row," he said.

"The most vulnerable students and their families have taken far too much

of the punishment at this stage. There are a lot of students on roughly about €84 per week, which is substantially lower than Jobseekers in terms of what the Government expects a human being to survive on," added Fitzpatrick.

The DITSU president also pointed out that the USI is making the 'Back to Education' scheme a focus for this campaign, with many individuals returning to college only to find that the supports they were expecting are no longer there.

"It's a brave step for someone to leave a career path, to take a step back in order to up-skill for the future," said Fitzpatrick. "Then they get back and all the supports are being eradicated."

"There are thousands and thousands of young people in long-term unemployment and on the periphery of society."

Fitzpatrick dismissed reports from earlier this month that the unemployment situation was improving in Ireland, stating that this year rather than seeing a decrease in student activism, there should in fact be strong action against these "massaged" figures.

DIT students are likely to make up a large proportion of the protest, reflecting the college's history as one steeped in activism and student organisation.

Fitzpatrick said: "It's generally known as well that our students at DIT come from a lower socio-economic background than say Trinity or UCD, and at least half our students receive some sort of financial support."

"With the squeeze on accommodation this year and the increase in the contribution charge, it's really important now that we try to protect the most vulnerable."

## New Erasmus president warns of need for improvement at DIT

**Andrew Donovan**

New President of the Erasmus Student Network Darren Hendrick is planning on improving the Erasmus experience for incoming students following his own stay in Stuttgart last year.

"The college in Stuttgart were excellent in arranging things for Erasmus students. It was easier to integrate because there were only 80 incoming students compared to the 400 we get in DIT on average."

We had an International coffee break every week where we got to meet new people especially the local students."

A fourth-year Mathematics Student in Kevin Street, Darren wants to organise the same coffee break here in DIT to try and get Irish students mixing more with their Erasmus counterparts.

"Last week we organised a night out on Tuesdays to Diceys and a trip to the Guinness Storehouse on Saturday. In the first week of October we are

"Two Erasmus students were lost and confused, yet the lecturer didn't even seem to know they were there" - Darren Hendrick

going down to the west coast to see the cliffs of Moher and the Ring of Kerry and so on.

"We had about a quarter of the entire Erasmus community on the trip last year so we expect similar numbers again this year."

Dicey's on Harcourt Street is incredibly popular with Erasmus students on a Tuesday night. Darren thinks the reason for this is cost, "Accommodation is very expensive for students in Dublin so a night out where drinks are only €2.50 is understandably very attractive to them."

Every school faculty in DIT has an academic coordinator and if Darren wants to contact all the Erasmus students he has to go through the lecturers, and hope they forward on his email.

"There are about 15 lecturers I contact and some are good at sending on the email but others are not. I was in class the other day with two Erasmus students who were lost, confused and didn't know their timetable, yet the lecturer didn't even seem to know they were there," he said.

Last year DIT welcomed over 400 incoming Erasmus students and while the numbers are slightly down this year Darren says they have seen a big increase in the number of students from Switzerland.

"I don't know why exactly but there were only five or six last year and there are about 20 or 30 this year."

"The Swiss, Germans and Austrians find the laid back nature of lecturers quite strange, so we have to reassure them that this is normal in Ireland."



# Réabhlóid Cheoil na Gaeilge

Jenny Ní Ruiséil

Deirtear inniu go bhfuil an ceol mar theanga uilíoch, go dtugann sé cumas dúinn uilig tuiscint a bhaint amach ar tíortha eile, agus go bhfuil léargas de shaghas eicint le fail ar chultúir éagsúla tríd a gcuid ceol a chloisteáil. Toisc go mbaintear tábhacht faoi leith ag daoine go pearsanta lena gceol fhéin, d’fhéadfadh a rá gur ghné sách pearsanta é i saol an duine sa lá atá inniu ann. Is minic go mbíonn tuilleadh measa ag daoine, go háirithe daoine óga, ar cheol ná an focal labhartha, agus is deacair a shamhlú cén chaoi gur féidir linn é seo a athrú.

Is le sin ar intinn againn go dtosaíonn muid ag breathnú ar chás na Gaeilge de. Le blianta beaga anuas, in ainneoin de na hiarrachtaí a bhí á dhéanamh ag comhlachtaí éagsúla ar nós Conradh na Gaeilge agus Fóras na Gaeilge len í a chur chun cinn, ní fhéadfadh é a shéanadh nach raibh morán ag tarlú le forbairt in aghaidh an meon diúltach ina leith, agus aird a tharraingt uirthi mar rud fiúntach agus taitneamhach.

Is mé i mbun oibre le Choláiste Lurgan, in Indreabhán, Co. na Gailimhe, bhíodh rudaí mar an gcéanna. Bhí muid i gcónaí ag iarraidh teacht ar bhealaí nua leis an teanga a dhéanamh spraoiúil agus taitneamhach, chun na scoilairí a chuir i dteagmháil léi go neamhfhoirmiúil, agus ar ardán simplí.

Is mar sin a thosaigh TgLurgan, suíomh Youtube ar a gcuirtear físeán ceoil as gaeilge, ag tabhairt ardán idirnáisiúnta don ghaeilge agus do na ceoltóirí is scoiloirí atá bainteach leis.

Le cúpla bliain, d’fhás an tóir a bhí ar na físeán éagsúla ar TgLurgan go socair, agus bhain muid neart “hits”



Amhránaí Seo Linn i mbun taifead

amach le físeáin ar nós “Holi – Féile na Dathanna”, agus “Seofail Lurgan”. Thug muid faoin dheireadh go raibh na daoine óga ag freastal ar na cúrsaí ag baint an oiread sin sult as na hamhrán nua-aimseartha a chanadh, agus go raibh siad ag foghlaim na gaeilge trí focail na n-amhráin a foghlaim faoi seach.

Is mar sin gur bheartaigh muid tuilleadh iarrachta agus béim a chuir isteach ar léiriú na “tógraí” seo, mar a ghlaóítear orthu i gConamara.

Faoi bhainistíocht Mícheál Ó Foighil, (bainisteoir Coláiste Lurgan) agus faoi stiúir Eamonn McManus, nó “Muzzy”, ó TreeLight Pictures, d’fhás an caighdeán le chuile fhís a scaoileadh amach, agus mar sin, d’fhás líon na “subscribers” agus na “hits” i gcoitinne. Ag labhairt ar RTÉ Ráidio 1 le déanaí, luaigh Mícheál Ó Foighil an chaoi gur thosaigh na físeán seo mar “rud le déanamh le na gasiúr nuair a bhí an aimsir fíuach”, ach go raibh an oiread sin tóir orthu

ina ndiaidh gur lean muid orainn. I mbliana, an “hit” is mó a bhí againn go fóill na clúdach de “Wake Me Up” le Avicii, as gaeilge, agus le huirlisí traidisiúnta curtha san áireamh.

Idir múinteoirí, cúntóirí, cinnirí, is scolairí, go léir faoi stiúir ceoltóirí “Seo Linn” agus Mícheál Ó Foighil, is amhlaidh go gcuireadh an t-úfás oibre isteach ag réiteach an ceol agus an físeán.

Ar oíche Shatharn fada amháin a rinneadh an taifead ar an bhfíseán, agus bhí a fhios againn ag an am go raibh rud eicint, i bhfocail Mícheál, “speisialta”, ar siúl againn.

Chuaigh sé beo ar-líne maidin de hAoine, agus faoi maidin Dé Céadaoin ina dhiaidh sin, bhí níos mó ná milliúin “hit” bainte amach againn.

Toisc gur ardán idirnáisiúnta é Youtube, is amhlaidh go bhfuil go leor airde tagtha uaidh tíortha éagsúla ar fud an domhan ag

éisteacht leis an amhrán agus ag baint sult as, agus níl ort ach na tagairtí faoin bhfíseán é fhéin a léamh le thuiscint go bhfuil tíortha is talamh ag éisteacht linn.

Tháinig feabhas ollmhór ar an scéal nuair a rinne Avicii é fhéin trácht air ar Facebook, ag chuir nasc leis an bhfíseán, leis an ráiteas:

“This one is so cool! I can’t understand a word but I love it!”

Léiríonn sé seo an tionchar atá ag an gceol mar theanga uilíoch, agus gur slí éifeachtach é an Ghaeilge a chur chun cinn i mbealach taitneamhach. Is cuimhin liom cailín óg ag rá liomsa ar oíche an taifid;

“O mo Dhia, rinne mé dearmad ar na focail i mBéarla?!”

Níor thug na dálaí ag an am faoi dheireadh go raibh siad fiú ag úsáid na gaeilge, toisc go raibh an oiread sin spraoi ar siúl acu, agus sin atá uaidh an teanga – rud le cuir ar seachran go bhfuil rud á fhoghlaim ag daoine.

Ag breathnú ar an bhfreagairt atá faighte againn uaidh daoine thart timpeall an domhan, níl teada ach rudaí dearfacha le rá ag daoine, agus is rud fíor-fíor spreagiúil é ó thaobh labhairt agus todhchaí na teanga de.

Tá “Seo Linn” ag dul ó neart go neart anois ag casadh thart timpeall na tíre, an tseachtain seo caite ag tabhairt aghaidh ar an “Late Late Show” le Ryan Tubridy, in éineacht le na scoiloirí uilig ó Coláiste Lurgan, agus ní fhéadfadh muid teada a rá seachas go bhfuil muid fhéin agus muintir Lurgan fíor-bhroidiúil agus dóchasach as an bhfreagairt atá faighte againn i leith an amhrán.

Tá fós bealach fhada le dhul chun todhchaí na teanga a neartú is a chinntiú, ach leanfaidh muid orainn ag tacú léi is ag ceol, “Cíbe treo atá i ndán”.

## Jab deacar ós comhar O’Neill



O’Neill agus James McLean

### Aodhán Ó Neasa

Tá sé cosúil go mbeidh Martin O’Neill mar an chéad bhainisteoir eile ar fhoireann sacair na hÉireann. Ach meastú an é an fear ceart le haghaidh an bpost?

Tá sé soiléir nach bhfuil na himreoirí againn faoi láthair le haghaidh tada a dhéanamh sna

cluichí móra ach céard a bheidh O’Neill i ndán a dhéanamh chun iad a spreagadh agus an

mbeidh sé i ndán an fhoireann a chur ag imirt sacair atá daoine ag iarraidh féachaint air?

An fhadhb is mó a bhí ag daoine le Giovanni Trapattoni ná go raibh an fhoireann ag imirt

droch sacair. Níor mhaith le muintir na hÉireann a bheith ag féachaint air.

Freisin, tá go leor de na himreoirí ag éirí sean anois agus tá cuid acu éirithe as a bheith ag imirt d’Éireann, ar nós Damien Duff agus Shay Given. Tá Robbie Keane 33 bliain d’aois, tá Richard Dunne 34 bliain d’aois, tá John O’Shea 32 bliain d’aois agus mar gheall ar sin ní bheidh siad thart i bhfad eile. Freisin, níl aon imreoirí nua ag teacht chun cinn a bhfuil chomh maith leis an geúgear sin.

Tá sé soiléir ón obair atá déanta aige roimhe seo go bhfuil Martin O’Neill ina bhainisteoir

maith. Tá an-obair déanta aige go dtí seo, go mór mór le Leicester City agus Celtic. Ach é

sin ráite, níor imir siad an cineál sacair atá lucht féachana na hÉireann ag iarraidh a fheiceáil,

tá a fhios againn é sin ón tréimhse a chaith Giovanni Trapattoni sa phost. Bhí muintir na

hÉireann tinn tuirseach den cineál sacair a bhí siad ag imirt le tamaill anuas.

Sin é an jab atá roimh Martin O’Neill anois. Caithfidh sé sacar maith a imirt nó beidh daoine

ag dul in a aghaidh díreach mar an gcéanna le Giovanni Trapattoni. Tá rud amháin soiléir ar

aon nós, is post an-deacair é le dul isteach ann faoi láthair.

# Gaeltacht cathracha DIT

### Stiofán Ó Connachtaigh

Cad is an Ghaeltacht ann? Ailp talún ina labhraítear an Ghaeilge mar theanga laethúil an mórphobail, mar a chuirtear síos go stairiúil agus go hoifigiúil uirthi.

Ní thig linn a shéanadh ach go bhfuil meath ollmhór tagtha ar stádas na Gaeltachtaí le blianta anuas

ó thaobh na teanga de. De dheasca streachailt eacnamaíochta, láithreach is leathnú na meáin chumarsáide Bhearla agus athrú meoin aos óg na

Gaeltachta, tá an líon cainteoirí dúchasacha Gaeilge níos ísle ná mar a bhí choíche in Éirinn.

Ábhar trua don Ghaeltacht, deis don Galltacht. Mar chuid de pholasaí teanga ITBÁC (DIT), cuirtear scoláireachtaí cónaithe ar fáil do mhic léinn na hInstitiúide ar mhaithe le teorann na Gaeltachta a bhriseadh agus an Ghaeilge a chur chun cinn sa choláiste. I ndiaidh próiséis iar-ratais, roghnaítear seisear mac léinn leis an deontas scéime a ghlacadh agus a bheith i mbun na teanga don bhliain.

Is sin an margadh, agus nach íon-

tach an margadh é. Soláthraítear deis a bheith i do fheachtasóir

teanga, an fód a sheasamh, ag co-saint an Ghaelachais agus lascaine lóistín a fháil fosta. Is é príomh deis na scéime, áfach, ná suíomh a chruthú ina bhfuil an Ghaeilge mar theanga labhartha, bheo,

laethúil i gcoislár na cathrach. Cén fáth nach féidir leat Gaeltacht a chur in áit mar sin? Mura féidir leis an Ghaeltacht ceart á dualgais thraidisiúnta a dhéanamh a thuilleadh, ní mór do mhuintir an Ghalltacht an spás a líonadh.



Muintir an Scéim Chónaithe



## Three's a crowd

Eoghan McNeill

The Irish Times reported on Monday of last week that only three students have applied to live in an alcohol-free apartment complex near the university. The complex, Victoria Lodge, has room for 36 students. UCC SU officials hope to attract more tenants in the coming months; they should be grateful for the three they have.

UCC commissioned a report on its students' relationships with alcohol in 2010, which found that students binge drink, often regret their binge drinking, and occasionally miss lectures as a result of it. If I went digging in a bog for a weekend, I'd find turf. I wouldn't think it necessary to publish these findings. Armed with this information, the university decided to introduce the drink-free apartments in an effort to curb their students' alcohol consumption.

How exactly did UCC think this would work? Maybe they thought news of the development would catch the student body collectively regretting one of those frightful binges: "If only I had a place to live where I wasn't allowed to drink, perhaps I could develop a healthy attitude to alcohol." Maybe they saw the principles of the project – having been a major success, of course – being rolled out in Ireland's hospitality sector. Alcohol-free hotels would surely stop pesky stag parties making nuisances of themselves on our streets.

To add an element of farce to the scheme, it would involve tenants of the complex "self-policing" themselves. Having signed a contract promising to abide by the rules regarding alcohol in the accommodation they, "won't be watched". I remember signing a similar contract at the age of 12 with my confirmation class. Like UCC's contract, it required self-policing. Unlike UCC's contract, my class were to be watched by The Father, The Son and The Holy Spirit. Despite the alleged omnipresence of the Holy Trinity, many of those contacts were broken.

Despite a few minor holes in UCC's plan for the complex, Vice President of Education at the Students' Union, Gavin Lynch-Frahill, is confident interest in the remaining 33 places will increase.

"In UCC we have a lot of people from a lot of different countries," he said. "In some communities they don't drink alcohol for religious or cultural reasons. We were hoping that a lot of these people would take up on it."

OK. So the plan was to introduce alcohol-free flats in an effort to decrease student drinking, but if the students who are keen on drink aren't so keen on the drink-free apartments, just fire in some who didn't drink in the first place. I'd be more than happy to carry out research into drinking in UCC following this scheme's inaugural year. I'll change the logos and dates on the 2010 report and hand it back to them. Do they really expect a repackaged confirmation pledge to change anything?

# An impotent West

Eoghan Regan reflects on the global impact of the humanitarian crisis in Syria

**A** short walk out of DIT's Aungier Street and you'll come to a little restaurant called Damascus Gate, a lovely Syrian eatery with an average of four out of five stars. For its customers the word 'Damascus' is synonymous with good service, good lamb and strong eastern coffee. To others, the word 'Damascus' might evoke memories of the 1,400 individuals who were killed in a chemical weapons attack on August 21st.

Amidst the brutal conflict in Syria, many have accused Bashar al-Assad and the Syrian government of launching soviet issue missiles carrying Sarin gas on their own people, in an attempt to weaken the rebellion. Since then the country has been plunged into a civil war which shows no sign of stopping, and which to date has claimed the lives of over 100,000 people.

The facts themselves are well known; the death toll, the refugees. But what have the international community done about it? The short answer really is nothing. The U.S has blown hot air about strikes and a moral call for intervention, the UK has remained quiet since its sigh of relief following the dismissal of intervention by its parliament. All the while, the Russian president Vladimir Putin is publishing letters in the New York Times asking the American people to 'stay out of it'. However, that is not to say that I am outright advocating military intervention, the geo-political implications of intervention are of course staggering. The zeal and momentum behind the Arab Spring have long since run out, this is no longer a case of Good vs. Evil, Dictatorship vs. Democracy, lets topple a statue so we can all break for tea. The situation in Syria is far more complex. It is an amalgam of warring tribes, fractured religions and subdued superpowers.

In order to piece together the Jigsaw there are certain things which we must understand. Assad's government is seen by many in the region as the political face of Shiite Muslims, backed by other Shiite controlled countries such as Iran. The rebels in the main represent the Sunni Muslim population, the extremist fractions of which have the unofficial support of the Saudi Arabia. Russian support for the 'Alawi' government of Assad stems from a long held connection between the two countries. Russia needs a stable Syrian regime in order to maintain some control in the region, hence the couple of billion worth of weapons which they have sold to the Assad regime. America on the other hand has drawn themselves once more into the role of 'World police'. Although few in congress have answered 'no chance'



Photo: Christian Adams, Freedom House via Flickr

to the idea, given the terrifying similarity to the beginning of Iraq War. The use of chemical weapons, which has been almost indisputable (the secretary general of the U.N Ban Ki Moon would agree with me here), crossed a 'red line', one which the U.S is finding hard to ignore.

....And then comes the face saving.

Somewhere in all the chaos of international diplomacy, Russia jumped on the U.S secretary of State, John Kerry's statement that there was no way that the Assad regime would give up its chemical weapons, figuratively saying, 'well, you know what America? If it will keep you and the world police out of Syria, we'll make sure that by 2014 not a single soul will have to worry about chemical weapons in the region (you may have to worry about the doomsday arsenal of weapons we have sold them, but it'll all be internationally accepted form of slaughter, none of the 'froth corrupted lungs' stuff which seems to rile you up so badly)'.

Now we come to the situation as it stands to date, a complex and incredibly difficult seizure of chemical weapons, the locations of which are to be disclosed by Assad's regime. The logistics of this comprehensive seizure are mind boggling. Difficulties which come to mind include: 1) a bloodied Civil war raging right across the region where any western team, American or not, will be treated with sniper fire and shelling; 2) Assad will be holding onto his weapons like a child to its blanket. Chemical weapons have been stockpiled by Assad as a show of serious force, if he was to give these up it would certainly weaken Syria's position as a dangerous force in the region. Should we consider how truthful he has been so far (the Assad regime had only admitted to having the weapons after pressure from

Russia to accept the deal) it would not be beyond the realms of reality for him to want to hold back some of the chemical stockpile.

The disarmament of these chemical weapons is, in essence the 'international community' saying to us we must let Syria plunge itself into chaos. All we can do is limit civilian casualties, and if possible aid the 1.2m people who have been displaced. Assad himself has said in an interview, published in a French newspaper: "The Middle East is a powder keg....chaos and extremism will spread. There is a risk of a regional war." And that is what the West fears the most. A destabilized Middle East, the rise of Islamic extremism, and an eventual attack on Israel which will drag the U.S into another world war. Syria is fast becoming another Kosovo, another Rwanda, another massacre which will not only highlight the impotence of the UN, but one which will call into question the United States hunger to police the world.

A lack of assertive American action will ring out across the region and as a result agitate a fearful Israel who may begin to take 'defensive measures'. The world watches as Syria sits on the precipice of annihilation, but no one knows how to pull them back. It seems that our generation may be bearing witness to the end of serious American 'imperialism', the displacement and destruction of an entire country, and an 'international community' which will be about as effective as a eunuch in an Arabian brothel.

“ Syria is fast becoming another Kosovo, another Rwanda, another massacre ”



# BACK TO SCHOOL

## Undergrad Guide: Getting you through the years ahead

Guiding you through your college career year by year, **Lauren O'Halleron** has some tips and advice on how to take each hurdle as it comes

### First Year

1

#### Get a map

No matter how small a college is, no matter which DIT campus you are on, you will get lost! But with a map, you could soon be giving directions to other freshers.

#### Don't get overwhelmed

During the usual inductions you might wonder – why are lecturers already talking about your final year thesis?! It might seem a lot, but it will all be OK come final year

#### Manage your time

Your schedule won't be nine-to-five; you'll need to keep on top of things. If you have one, make sure your part-time employer lets you fit studies.

#### Manage your assignments

Assignments usually begin around mid-October, and they may be due around the same time. Don't panic! Draw up an assignment schedule, stick to it, and if you find you need help, talk to your lecturer.

#### It helps to talk

Stress can build up. DIT has a counselling service and remember that no matter how small you think your problems are, they are there to listen.

#### Budget

College is expensive. Make sure to use the Ents card, and your own student card. In school you received a booklist and everything on it had to be purchased. At third level, use the library, look online, and search for second hand deals.

#### Make time for yourself

It may seem impossible to find time to kick back and relax, but just a few hours a week for to yourself can have a positive impact.

### Second Year

2

#### Dig out your map

The summer is long and your mind is focused on non-college related stuff, and you may come back realising that you can't remember where your photography class is. If you're super organised, you'll still have your map from first year. If not, grab another one and don't be late for class!

#### Don't get cocky

It is a common pitfall that once you've completed one year in college, the rest will be a breeze. Wrong! Apologies for sounding blunt, but it only becomes more challenging. The lecturers started you off easy, now they want to get you ready for the big stuff.

#### Get re-involved

Maybe you neglected the societies you joined in first year, wanting to focus more on the academic side of college life. Or perhaps you decided against signing up to a particular society and regretted it later. Clubs and Socs week happens every year in DIT and it always comes with new societies to join. As mentioned in Year 1, you can always start your own society if you're feeling a bit more confident than last year.

#### Learn from your first year

It may not just be societies you regret not signing up to, but perhaps you wish you had made a better effort in certain assignments, or you didn't pay as much attention in a particular subject as you should have. College is all about progression, not just in the course, but yourself too.

#### Help out freshers

This doesn't necessarily mean volunteering at Freshers Week, or dedicating your spare time to being a tour guide. Should you see a fresher who clearly looks lost, approach them and ask if you can help them find where they need to be. They will appreciate your help. After all, you were in their shoes this time last year!

### Third Year

3

Stress can be most rife among third year students. Suddenly you realise that you're halfway through/finishing your course and you're thinking: where did the time go?

#### Don't lose the balance of work and play

Third year will either be your final year and or your second last year. Either way it's a big deal. The assignments will be more challenging, and your workload will increase. If you find the balance you managed in years 1 and 2 worked for you, keep it up. Otherwise, try to come up with a schedule that allows enough time for both sides of the coin.

#### Consider your options

Whether it is your last year or not, it might be a good idea to make an appointment with the career counsellor to help you look at your options. If you already have an idea of what you would like to do, the career counsellor will help you decide how best to go about doing it.

#### Don't beat yourself up

Now that you're coming to the end of your studies, it is easy to tell yourself that you're not capable of getting good grades in your final years. You're quite capable, you just need to focus and put in the right amount of effort whilst not overdoing it.

#### Support each other

By now your classmates have become your family. They too may be feeling the stress of third year and need some support. Help each other out.

(Note: For those who are finishing their course in third year, see Year 4)

### Fourth Year

4

Here you are: a fourth and final year student. It may require you to write a dissertation and/or carry out a research study, but either way it's a big deal, but that doesn't mean it has to get the better of you.

#### Don't stress

You have come this far, which means you are more than capable of doing it, and doing it well.

#### Balance, balance, balance

Don't tip the scale. Overworking yourself can lead to burnout and your efforts will end up having the opposite effect. Keep the two hours a week you have dedicated to 'me time'.

#### Create a good working relationship with your supervisor

Most courses set a dissertation for their final year assessment. It is important that you have a good working relationship; after all, this person is trying to help you, not sabotage you. Trust is the key.

#### Don't procrastinate

The dissertation will be your longest assignment out of your entire course, and it's easy to put off working on it for the sake of assignments that are due before it. Set yourself a chunk of time a week to work on it so you don't fall behind.

#### Be proud of yourself

Perhaps you never thought you'd make it this far, but here you are, and you should be proud. Give yourself a well-deserved pat on the back, and enjoy your last year of under-graduatehood!

## Beat the stress: exercise!

Lilah Gaafar

There is a neglected link between physical activity and reducing stress in the eyes of most young students. Regular exercise will not only affect your physical appearance and general health, but your mental health will in turn benefit.

Many young students suffer from depression, anxiety and stress throughout college. Exercise and physical activity can create a clear and focused mind, an invaluable asset in tackling studies, late nights out and part-time work.

Exercise releases what experts call endorphins, a chemical in your body that makes you happy. It would be rude not to release the happy chemical that will relieve us from the assignment, exam, work or social commitment stress of the week.

Exercising doesn't necessarily mean wearing lycra and going to the gym, a 30-minute walk once a day will do the world of good. If you are interested in a particular activity there are sports clubs and societies for almost everything and will subsequently help you to meet new people and make friends.

Whatever your style, the introduction of physical activity into your college routine over the first couple of weeks back will prove to be a game changer, undoubtedly equipping you to combat the pressures and stress and may arise throughout the year. In addition to exercise, getting good night's sleep and eating a balanced diet will prove effective in reducing stress. Getting eight or nine hours sleep a night is crucial in improving concentration as well as leaving you in an overall better mood for the day. Eating junk food tends to increase food cravings, and damages skin, hair, nails and energy levels.

Sticking to a balanced diet may appear challenging to on a student budget, but you will be surprised, freezing pre-cooked meals proves cost effective as well avoiding the temptation to eat out. Skipping breakfast is bad and common habit with so many. It is essential to eat a hearty breakfast such as porridge to kick start your day. Pack healthy snacks to keep you going during the day. Bananas, granola bars and popcorn are also substantial and cheap snacks to keep handy during the day. Mental strain (studying, exam pressure, stress) can be just as exhausting as physical activity, it is crucial you fuel your body correctly.

It is very important to ensure you are not burning the candle at both ends, but sticking to the mantra: everything in moderation. Achieving a balanced healthy lifestyle is difficult but doable.

See 'Healthy eating on a budget' - p16



## FEATURES

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# A Washington Post-mortem

**Stephanie Costello** turns an eye on Amazon.com founder Jeff Bezos, the new owner of The Washington Post. Will his stewardship mark a change in the fortune's of print journalism?

**W**hen Jeff Bezos, founder and CEO of Amazon.com, bought The Washington Post for \$250m last August, even the most cynical hacks stood to attention. The purchase, granted, was by no means the biggest deal of the year, but it was perhaps the most intriguing.

Bezos's investment is crucial in re-viving print journalism's stuttering heart. The industry is in dire need of resuscitation, requiring an ocean liner full of money that won't capsize 5km off the coast of truth and transparency. Mr. Amazon's motives in the acquisition are not known but are much speculated. On one hand, a billionaire with a net value of \$27bn could easily purchase influence and power with a prestige title like The Post. On the other, Bezos came second only to the late Steve Jobs in the Harvard Business Review's ultimate list of the best businessman in the world. The truth, like always, lies somewhere absconded in the in-between.

To understand the man, we must, firstly, understand his motives. His portfolio is varied and intricate. His space travel company Blue Origin wants to push down the astronomical price of outer orbit vacationing, and he's mentioned space colonies in conversation with reporters more than once. He also recently decided that burying a 10,000-year clock in a Texan mountain was a sound business plan. I suppose these are the follies of a billionaire Princeton graduate whose initial major was Psychics.

He once told a reporter from WIRED magazine: "I looked around the room, and it was clear to me that there were three people in the class who were much, much better at it than I was, and it was much, much easier for them. It was really sort of a startling insight, that there were these people whose brains were wired differently."

After this realisation he switched his course to computer science, got a high-paid job on Wall Street and then left it all in 1994 to set up Amazon, now an online retail giant, out of his garage in Seattle.

## A prestige paper

The Washington Post is no ordinary newspaper. It has prestige, and was the home of Carl Bernstein and Bob Woodward, the investigative duo that broke the Watergate scandal. They brought U.S. president Nixon down and in the process inspired a generation of kids to become journalists. It is questionable if there has never been anything like that since. A modern day comparison could be the phone-hacking scandal, uncovered by The Guardian, which shook

up the cosy interdependence between British media and politicians. In this same way, Watergate exposed President Nixon to be a lying thief, willing to trip up his democratic opponents by stealing money and sabotaging their rallies. The duo exposed the republican's wire-tapping of Democratic Party headquarters, which was an act of gross presidential misconduct. While Watergate may seem like a lifetime ago for many readers, it was crucial in setting the media landscape and toppled the corrupt Nixon administration of the '70s.

Carl and Bob won a Pulitzer Prize for their outstanding reportage and wrote a book about it, 'All The Presidents Men', which was subsequently turned into a major motion picture. The Post represented the mould of everything a serious newspaper should be. It is important that Bezos keep his distance from the editorial direction of the paper, while funding its journalistic endeavours. He has mentioned that he will give the title the necessary leeway required for reporters to investigate stories and has been quoted as saying "it's important for the Post to not only survive but grow."

Politicians have learnt a lot about covering their asses since Watergate, and so too should the media, but in an increasingly uncertain media climate, editors have found it impossible to fund the kind of lavish, and risky, stories that had the same social impact as Watergate.

## Letting the paper experiment

Despite being the man who put the Kindle in lieu of a tangible book, he is adamantly against the mainstream views of print news. Bezos yearns to return to the golden age of the newspaper. He is quoted as saying that he'll be there to offer his 'point of view' to the ailing paper and not to take any undeserved credit, but on the other hand he is known to be an obsessive micro-manager. Bezos comes into the fray from an online angle, but seems quite sold on the idea of the physical paper. Can the willingness to experiment, coupled with his ability to fund The Post, turn the tide on print journalism? If a significant amount of money and nurturing can't save the paper, then what hope does the industry itself have?

He has broached the topic of the online news culture and the profitability of the pay wall.

"The Post is famous for its investigative journalism," he said. "It pours energy and investment and sweat and dollars into uncovering important stories. And then a bunch of Web sites summarize that [work] in about four minutes and readers can access that



Jeff Bezos: the saviour of a prestige paper, or another media baron?

Photo: DonkeyHotey via Flickr

news for free. One question is, how do you make a living in that kind of environment?"

## Online media culture

So much of online journalism these days is regurgitation. In the quest for clicks and comments, headlines are snappy sensationalist advertisements. It doesn't matter any more where the story originated. Once it's gone viral, it's repackaged and polished up under a different by-line. How is The Post, and indeed how are young journalists, supposed to react to this style of production line reporting?

It's almost impossible to expect people to pay for the news they read on The Post's site, when it is so widely available and accessible elsewhere online.

There is no doubt that the internet has been the great democratiser of information and the thorn in the side of anachronistic news outlets. Established papers have had their mojo sto-

len by younger more dynamic sites, offering breaking news at break-neck speeds. When established names entered into the immediacy race with Twitter, they came out looking like twits. Granted, for every ten-page New York Times article there is a ten-point, 200-word BuzzFeed list. The bifurcation of media into online and print happened almost overnight. Online media annexed the front garden on the fourth estate and welcomed any nut with an opinion to make daisy chains on the lawn.

This is the challenge that not only The Post, but the industry of journalism faces, the question of how do you get people to pay for an informed opinion? A need for change in the culture of the organisation, and hope in the face of fear, is what journalism needs now more than ever. Whether Bezos is capable of giving of these things to the industry is something that we will have to wait to find out.

“It’s important not only for The Post to survive, but to grow - Jeff Bezos”



# Sooner, rather than later

With college counselling services in a state of crisis, it is more important than ever for students to think about mental health issues early on, writes **Al McConnell**

**C**ounselling services in third level colleges have been hit by resource reductions, including significant cuts in staff numbers. At the same time, a combination of higher levels of distress among young people, increasing severity in the types of mental health problems young people are exhibiting, and some success in destigmatising counselling, has led to rapidly increasing demand for the services.

According to Chuck Rashleigh, a college counsellor and statistician for the Irish Association of University & College Counsellors (IAUCC), the current situation suggests there is a "crisis in young peoples' mental health".

In recent years, public service cuts forced counselling services to rely heavily on interns and part-time staff. At the Dublin Institute of Technology (DIT), there has been a 50 per cent drop in staff numbers in the last three years, according to figures obtained from head of counselling Nita Whelan.

"It has been catastrophic for us," said Whelan. "We had one retirement, two early retirements, and one who did not return from a career break – none of these can be replaced due to the public service moratorium."

Paul Moriarty, head of student counselling and development in University College Cork (UCC), has experienced an identical pattern of staff members leaving without replacement.

With the number of staff reduced, waiting lists have been heavily impacted and several colleges, including DIT and UCC, could not produce an annual report for 2011/2012.

According to Moriarty, "[UCC] lost the staff member who was inputting the data for us, and we have not been able to make up for that using our remaining resources."

Moriarty explained that it was in part due to the huge increase in demand that statistics could not be maintained, but it is precisely this increase in demand that Moriarty felt should prompt a detailed statistical analysis.

"The reports were there for a reason," he added.

Investigations have also shown that there has been a significant increase in both the number of students seeking help from counsellors, and the severity of students' mental health concerns.

The basic demand on services has increased as the total number of students in third level colleges has risen from 92,000 in 2007 to 145,000 in 2012, according to statistics obtained



If you feel the need to talk, contact Gabby Lynch at DIT Counselling: 01402 3352 or 086 0820543

Photo: via Flickr

from the IAUCC. This has been a factor in the ratio of counsellors to students increasing from 1:3855 to 1:4475 since 2007.

Rashleigh, speaking in relation to the collated statistics from several third level colleges who submit data to the IAUCC, said: "The figures definitely suggest there are more students coming with more severe problems. They're going up and up," he added, "whether you look at depression, mood change problems, relationship issues, loss and bereavement."

**T**he IAUCC statistics also show that since 2005, the percentage of clients presenting with self-injury, self-harm, and suicidal thoughts has more than trebled from two per cent to over six per cent.

Moriarty has also found this trend, saying that students are bringing "more intense" problems to counsellors. "We would have met a category known as the 'worried well' in the past," he said, "but that has dwindled away in recent years, and problems are now much more complex."

This apparent increase in the severity of mental health issues among young people has been put down to a wide range of factors by these professionals. All those spoken to referred to the current financial climate as a pressure weighing upon students and their families, and the My World Survey, a mental health survey with over 8,000 respondents (not limited to students), highlighted money as a "top stressor" among young people.

"It's a transitional time in undergraduates' lives," said Rashleigh, "with relationship changes, experimenting with identity, individuating from family, and then throw into the mix drug and alcohol problems – it's no wonder."

Moreover, in an analytical study of the My World Survey, carried out by the UCD School of Psychology, the authors showed that Irish third level students have higher rates of depression, anxiety, and stress, and lower self-esteem, than international comparators.

However, as Moriarty said, "while students are seeking more support, the resources aren't being put in place to provide it."

In part, the rise in demand has been down to a de-stigmatisation of counselling and an increase in the number of students who are willing to attend. However, this success in attracting individuals to counselling has come at a difficult time for colleges. "My suspicion," said Rashleigh, "is that in colleges, but maybe society in general, people are starting to say 'yeah, okay we'll go' but then are being told that there's a waiting list."

With so many challenges, counselling services have not been aided by a lack of cooperation between the institutions, as each service remains guarded over leaving itself open to unfavourable comparisons with others. In his work monitoring these services, Rashleigh has encountered difficulties not only in a lack of available statistics in recent years.

"We've really tried to bring along the openness between colleges," he said. "We have some good data now, which we didn't have before. But we operate within different institutions, each with their own ethos; some might be very pro-counselling, then you might go to another university where they're very antagonistic about it, so everybody has to play things more closely to their chest."

"When we're talking about statistics," he added, "we're also talking about how different services are managed, funded, and staffed, and I know there's great variability with how different staffs operate."

Whelan, who also works with the IAUCC, also spoke of difficulties in garnering cooperation between institutions, particularly due to the more recent problem of a decrease in attendance at IAUCC meetings, as counsellors find it increasingly difficult to take time away from the office.

The priority now, said most of the professionals spoken to, is to find ways to provide alternative services for young people, as the already established mental health pathways are simply unable to cope with the current situation. Online services, peer mentoring within colleges, and group counselling have been set up and expanded recently. However, as Moriarty said, "There are dots not joined up in the system." The current resource deficit, along with an apparent crisis of young peoples' mental health, is surely an unsustainable combination.

## Student stresses

The stress that goes along with college life is difficult to overstate. Without doubt it is an immensely enjoyable time for most, but the change and uncertainty that goes along with a college career, while bringing great excitement, can also produce mental health issues. Becoming independent for the first time, pressure to succeed in studies, new social circles, new relationships, and also a pervasive drink culture among Irish young people can all serve to put a strain on an individual's time and emotions.

Nita Whelan, head of counselling at DIT, points to this cocktail of factors in explaining why mental health problems are so common among students and young people, and emphasises the importance of talking openly.

"Students at third level or earlier must have an awareness of mental health risks, but despite the campaigns and the information, the big thing is willingness to talk."

Mental health has been a high profile issue in the media in recent months, but with a focus on the recognition of symptoms. While this is an important factor, Whelan points also to the fact that once a symptom is seen in a friend or family member, many find it difficult to say this out loud.

"I would say people are better at that than you might think, but the fear of asking the person is a huge problem. It can be very hard for people to do, and it can leave people with such heavy regret," she explains.

"Talking can make such a huge difference. We would have seen students last year who were certainly about to do something, but then they realised that it wasn't really what they wanted to do. Another minute or two, on the other hand, and who knows?"

With student services facing difficulties, it is important that students begin to think about their mental health, if only at the back of their mind, as early as possible.

"Having healthy thinking, being aware of your own mind, is extremely important for students," says Whelan.



# Curious?

Have you ever met a drug dealer?

**Amanda Connolly** speaks to one student whose seemingly nonchalant drug use led to addiction, dealing, and death threats in the blink of an eye

The vast majority of people are enthralled by AMC's hit show *Breaking Bad* at the moment.

It tells the story of a high school chemistry teacher, Walter White, who diagnosed with cancer resorts to cooking and selling crystal meth in order to pay for his treatment and ensure the welfare of his wife and children. He enlists former pupil Jesse Pinkman, a drug user himself, and their journey begins. The show chronicles the highs and lows of substance abuse from every angle and exposes the disturbing despotic power of drugs.

While shows like *Breaking Bad* bring the topic to the fore, the reality is we shouldn't need a television programme to notice what is happening around us every day. It may also be argued that these shows glamorise the lifestyle of drugs and their grip on society. Slipping into a drug habit can happen to anybody, even you.

As a student, and above all if it is your first year in third-level, you are embarking on a new adventure mapping the rest of your life. You will be faced with lots of decisions both socially and academically.

Some will be miniscule and bear little significance on your overall path, but you may encounter decisions that will tempt you against your better judgement and throw you off course.

That's exactly what happened to one Dublin student. Now a reformed drug addict and dealer, Sean\* was one of the lucky ones.

**C**uriosity; It was always curiosity for me in the beginning. I'd see other people and think: 'well they're having a laugh and seem alright, not foaming at the mouth or anything – so why not?' Some of the most intelligent and sharpest people I know have gotten mad out of it for periods in their lives. Drugs were accessible, they were readily available, and things like pills and hash or weed were affordable for someone my age.

Between leaving school and first year I got really into drugs, this is where it all began but I didn't lose control at this point. College acted as a stepping stone for me, it opened the door and gave me an insight into Dublin's drug scene.

After college I was working as a promoter and drugs became a normality. It was just that industry; drug use was rampant, and to a point still very much is. A lot of promoters would take and sell drugs but it was clear the more successful ones didn't. A few of the companies I worked for here were staffed with people heavily involved in the drug scene. This is still a factor when it comes to larger events such as festivals."

[At this point in his life Sean had graduated, was working in a relatively lucrative industry, and got a taste for money and the high life. He told me candidly about the attraction and how his own involvement with drugs progressed.]

I saw what could be made from it and what could be done smartly. I recognised the potential to make a lot of money and took advantage. I suppose you could say it was greed. It was. I just wanted easy money and I didn't want to work too much for it.

I knew if I got a hundred pills, I could sell them in one night and make myself a tidy profit. Quick, easy money was the name of the game. So I would get a hundred pills off a fella I knew and go to the bar on a Thursday. I had no problems getting rid of them, every single one of them. Rockers and 'metallars' inhaled drugs. I used to go down there and clean house.

I was still doing pills every now and again but I wasn't into taking them as much once I started selling. I would go to parties and maybe take one then be mad out of it doing business until there were none left. Having a laugh and making money.

As time progressed, I sold more drugs, made more money and spent a bit more. I ate well. I travelled. I went to London every weekend at one stage when I was making thousands a week, mostly selling ecstasy. That was back in 2007-2009, when pills were deadly. I was still working in the nightlife industry and especially on the techno scene, so ecstasy and that went part and parcel.

I started with hundreds, then I'd get more and more and always sell them. My supplier left the country and put me in direct contact with his 'boss' so I had moved up a few links

\*A false name is used throughout, in the interests of protecting the individual's identity





it was still relatively rare, but the market was there.

I never got caught, I was clever about business.

There was a music festival coming up, which as a drug dealer is a huge opportunity to make a small fortune. People gag for anything they can get. I got an ounce of cocaine, three thousand pills, and I couldn't get my hands on any K (ketamine) so I got two ounces of weed instead. I didn't even have to sell the stuff, I paid a guy €500 to keep it all in his house, then over the next few days people came, bought it all up and my money was delivered.

Down at the festival I did have my one and only close call with the law. I was caught with two ecstasy tablets in my pocket which were confiscated by the Gardai. They then proceeded to question me on whether I had any more drugs with me for the week-end to which I obviously responded 'NO' despite having nearly 500 pills behind me in my tent. Luckily they left it at that and I was able to carry on doing business. I did stop selling for a few weeks when I got back.

[I asked Sean about his personal drug use at this stage.]

I had a love/hate relationship with cocaine. I had stopped doing ecstasy myself early in the game. I didn't like how it made me feel. I had always sort of battled with bouts of depression and I think drugs like ecstasy intensified that low feeling. I took quite a lot of cocaine but then again I soon developed a disliking for how it made me feel. It was K that broke me in the end.

In 2011 it all got very rare. Drugs became a pacifier. Ketamine numbed my personal issues. Everything had gotten on top of me. I was weak. I succumbed to it all. I'd get up in the morning, do drugs, eat breakfast, do more drugs, go to work – ketamine. It's horrible. I don't really know what it even felt like anymore because frankly I don't want to remember. In the end I wasn't even getting much off it anyway.

The downfall of the market and the debt lead me deeper into my own addiction. My debt built up to extreme levels and the pressure got worse from above. The boss wanted money more frequently. He didn't

in the chain. I still wasn't sure where exactly they were coming from but he did swear to me he wasn't involved with the IRA or gangs. I didn't know for certain though. They seemed to be the ones with all the drugs. From then on I was getting in thousands of pills and making thousands of euros each week.

The suppliers constantly and persistently offered me various other drugs because I was buying in large quantities off them, I was moving faster than most other people at the time. At one stage I didn't even touch the 'stock'. I had people working for me, it was a business. I would just pay. It got collected and brought to a house. Everything would be sold off almost immediately then the money was dropped to me.

When cocaine came on the scene in Dublin there was a LOT of money to be made. Nearly everyone who was regularly buying pills off me had asked about cocaine. You'd be surprised by the people who bought it off me.

I had always thought I wouldn't get involved with cocaine but the money was too tempting. It was an expensive drug on every level though – to buy – to sell – wholesale – purchase – moving it from one part of the city to the other. An ounce (28grams) was costing me €1200 from my supplier. I charged €100 for one gram, so I was making €1600 profit from cocaine alone on top of selling pills and eventually ketamine. Ketamine was harder to get back then because



Photos: JLM Photography (left), Amanda Connolly

Keys and zip-lock bags take on a new meaning in this context

I hate that part of me. I hate who I was. Drugs taught me a lot, in a very cruel, harsh way



understand how it was at my level. He was into coke himself in a big way and not the most stable person. My life was put on the line and I knew I had to get out of this but I genuinely didn't think I could. My mental health was at shattering point and I was using heavily to block that out.

Everyone was selling by then; people got better quality drugs than I had. I got rubbish pills, my guy went downhill and I never really found out why. Orange Sonics [a type of ecstasy pill] came out and I couldn't get them, people were getting them for fuck all and selling for a tenner each making a €9.50 profit on each pill. I had stock for weeks that I couldn't shift so I started getting in more, be it cocaine, weed, hash, ketamine – anything I could sell to clear off my debts.

I couldn't go to other suppliers because my guy gave me stuff on tick, like having a tab. My supplier was a typical drug pusher – nice while you were selling, making him money then when things slowed, he was down on you like a tonne of bricks. He was Irish, in his mid-thirties. I do know his real name now but at the time I didn't. He had a nickname which I can't really divulge for obvious reasons. When I was starting out doing business with him he was known merely as the bill man, he didn't even tell us his nickname. He was one to be feared. There were guys above him I didn't even want to know.

This was a very low point for me personally and 'professionally'. My own addiction had reached its climax. I was drinking heavily, every day, doing large quantities of K and was extremely run down. I was lucky to be alive, and I know that now. I collapsed and ended up in hospital following one binge when it had all just become too much for my body or mind to take.

I was living back at home when I hit my all-time low – the beginning of the end. My mother confronted me about my lifestyle and told me straight up she knew I was selling drugs. Her obvious disappointment was the wakeup call I needed and her empathetic, supportive approach to the whole situation was far more than I deserved. I can't even begin to comprehend the level of pain and anxiety I caused not just my family but indirectly the families of the people I sold to. They were someone's sons and daughters at the end of the day, and I often thought of that when I was selling. It did bother me but I was greedy and the money overtook all other concerns. It was too much of a pull factor for me to walk away... until I had no other choice.

'How can WE get out of this?' asked my mother.

I knew my debts needed to be paid to ensure my own safety and selling wasn't an option, I needed out of that lifestyle and scene fast. I got a substantial bank loan along with a loan from my Mum in order to clear

my debts and I practically gave the left over stock away selling it in bulk for a lot less than it was worth but I just wanted rid of it.

From the moment my mother confronted me I was determined to make something of myself and turn my life around. I am an intelligent person but I was lazy and greedy and wasted my talents. I had dealt with depression in the past which was a contributory factor to my demise I think. I sought some counselling but for the most part I just worked to channel that energy into something positive and within a year I was completely clean and working as a Marketing Director. Now I had a purpose and was earning my money honestly, so life had gone full circle. It's true what they say, when you hit rock bottom there is only one way you can go.

I was lucky with my recovery in the sense I didn't replace one addiction with another. Once I was clean and healthy, physically and mentally, my mind flooded with ideas and opportunities just seemed to arise. It isn't always that easy but it is worth every second of the withdrawals once you get there. You'll never look back if you value your life at all. I couldn't resort to that way of life again, I have too much to lose and I know my mother would never forgive me. That alone is reason enough to steer clear.

If I could offer any advice to students now I would say don't make the same choices I did, I learned a lot of tough lessons. Don't sell. The greed takes over, it really does.



## DIT Fashion: What's covering the student body?

We're back to our first semester of a new year and, as always, the students of DIT have brought back their variety of styles. From urban hipster to earthy boho and back to casual jeans, this college never fails hold trends as diverse as the students themselves. Writer **Shauna Irwin** tried to uncover the array of fashions that are covering our student body.



**Who?**  
Dana Vilmane, 19

**Where?**  
Cathal Brugha Street  
(Tourist Marketing)

**What?**  
Jeans - Zara

**Why?**  
Dana has the perfect autumn outfit with a fitted leather jacket from Zara and denim jeans. The black hat and leather almost create a vixen look; but the beige boots soften the outfit to leave it chic and edgy



**Who?**  
Asim Alsaedi, 19

**Where?**  
Kevin Street  
(Electric and Electronic Engineering)

**What?**  
Jumper - Lacoste  
Trousers - Pull & Bear

**Why?**  
Unlike in other areas of fashion, with print jumpers, it's the busier the better! This vibrant woolen sweater from Lacoste is the perfect fashion piece to draw anyone's eye. Khaki pants from Pull & Bear complete it perfectly



**Who?**  
Darren Carthy, 20

**Where?**  
Kevin Street (Physics)

**What?**  
Coat - Topman  
Shoes - Schuh

**Why?**  
Proving that a decent coat is a good investment, this trendy number from Topman instantly dresses up Darren's outfit. In autumn and winter, layers are always a good look; here a simple Tee with a plaid shirt completes the outfit.



**Who?**  
Rachel Lennon, 18

**Where?**  
Cathal Brugha Street  
(Tourist Marketing)

**What?**  
Jumper - Lacoste  
Trousers - Pull & Bear

**Why?**  
Jeans and Converse are a college girl's best friends! An easy combination to put together in the morning, but it never fails to look well. This combined with a denim jacket adds to the casual look.



## The Mac

Classic, elegant, and timeless, the mac trench coat will not only keep you protected from the cold, but will have you looking effortlessly stylish too. This trench from Asos (left) embodies the perfect mac for the reasonable price of €91. For an even cheaper alternative, check out this version from Dunnes Stores for €40!



## The Fur Coat

Not for the faint-hearted, fur coats can be both rock n' roll, yet, sophisticated and indulgent. Whichever look you wish to adopt, make sure it's faux fur; which will be easy, seeing as it's within a student budget. When wearing a fur coat, keep everything else simple. Muted block colours like will have you looking chic, rather than cheap. This monochrome number from H&M is €59.95.



# A coat is for life, not just for Winter

It is time to pack away the sundresses and shorts, and break out the knitwear and, most importantly, the coats and jackets. **Emma Mulholland** advises you on the purchase of your next 'investment coat'

## The Parka

The Parka is every college girl's 'go-to' coat for the winter months. The parka goes with everything, perfect for a relaxed everyday look. Another benefit of the parka is its huge pockets. Khaki is the most popular colour and is always a safe bet. Bonus points if it has a fur hood. It'll come in handy on a cold morning at the bus stop, or while trying to hide the signs of a desperate hangover. This parka from Pull and Bear ticks all the boxes at €69.99.



## The 'Boyfriend Coat'

Oversized and comfortable the boyfriend coat is every girl's dream. Unlike most coats on the market, with the boyfriend coat, the boxier it is the better. Its emphasis is on the shoulders, rather than creating a waist, which is why it only suits certain figures. I've jumped on the bandwagon and recently purchased two woolen versions from Penny's at €25 each. They are also available in black, and a monochromatic print.



## The Leather Jacket

So technically it's not a coat, but such an important wardrobe staple. With the return of the punk trend every fall, the leather jacket is the go-to piece to nail the look. Team with a pretty day dress to soften the style. If you're more of a tee and jeans kinda gal, team them with a leather jacket and a tartan scarf. The punk trend is going nowhere. Embrace it, rather than hiding away from it. Who knows, you might end up adopting the bad girl image.





# Boosting energy on a budget

Break the student takeaway stereotype with **Aida Skirmantaite's** tips for healthy eating on the cheap

**I**t's that time of the year again, when students leave their warm and cosy homes to chase freedom in the big city. However, the moment we leave our parents, we are on our own and it's left to just us to take care of our health. Students don't pay much attention to their nutrition and often find themselves binging on unhealthy food, which often ultimately end in poor health, change in body weight and lower concentration levels.

Stop and think. Have your eating habits changed since you have left home? Is your fridge crammed with takeaways, pre-made meals and six-packs of Coke or beer? You may think it's nothing, but soon you will start feeling nauseous and weak, and you might not be able to sleep well or keep up with your studies because your body will not be getting any substance.

According to research carried out by Nutrition & Health Foundation Ireland, 75 percent of students admitted to having a more nutritionally balanced diet when living at home, and half of all students have put on or expect to put on weight when they start college.

However, there is still plenty of time to prevent this if you are careful about your diet. Healthy food does not have to be more expensive than

your favourite takeaways; you can still eat very well on a budget.

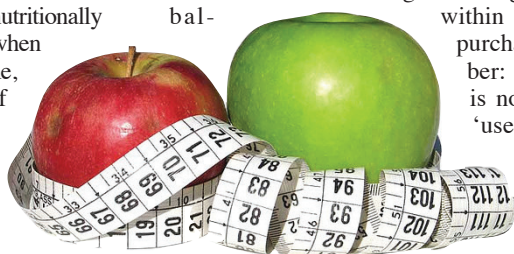
## Plan ahead and be determined.

If you get your grocery shopping early in the week, there is less chance that you will be spending money on takeaways and unhealthy snacks. A typical dinner takeaway costs around €12, which is more than enough money to buy fresh groceries to make all three meals for the day!

Make a list and try to include as many healthy products as you can. These include vegetables, lean meat, fruit, wholegrain breads and cereals, low fat dairy products. Try to buy in bulk and look for in-store promotions, for example 'buy one get one free' or 'three for the price of two'. You may not consume three bags of pasta in one week, but that means you won't have to buy it next week! At the end of each day, big shops like Tesco or Dunnes Stores put reduced price items on sale, which are still

good enough to consume within 1-2 days of purchase. Remember: 'best before' is not the same as 'use by' – you can save a lot of money this way.

If you've just discovered an old blender in the back of the kitchen cabinet, why not make yourself some smoothies? They are very nutritious and a hundred times better than the can of



Find your local one of these and follow Aida Skirmantaite's tips to kick the student habits

Photo: atache via Flickr

Coke you're reaching for right now. Fresh berries or fruit may seem quite expensive, but you can always opt for frozen goodies, which are cheaper and just as good.

## Use the freezer

In fact, if you have a big freezer, don't be too quick to pack it with pizzas and garlic breads.

Instead, fill it up with frozen vegetables. These are definitely cheaper than your pepperoni pizza, as well as healthier.

Cut your vegetables into smaller pieces before freezing them. Vegetables are great for making soup, which is extremely easy to prepare.

Just drop in all the veggies at once into boiling water, put some stock and noodles, wait for noodles to soften and voilà – a cheap meal in under 20 minutes!

## Prepare in the morning

Often when in college, hungry students opt to get the cheapest and unhealthiest snacks, including crisps and fizzy drinks. To avoid that, try to pack your lunch. If you make a sandwich in the morning, or the night before, it gets rid of the need to buy unwholesome foods.

Like cars, human bodies need to be fuelled up in order to work, so try to not skip breakfast – it is the most important meal of the day. Don't worry about having to spend time in the mornings preparing breakfast; this does not have to be time consuming. A quick nutrient-rich breakfast, such as scrambled eggs on whole-wheat toast or a peanut butter sandwich topped with banana slices will start off your body engine and give you the energy to work at its optimum.

Don't forget to drink plenty of flu-

ids during the day. Swap any sugary, fizzy drinks for water, orange juice or milk. To keep properly hydrated, you need to drink 8-10 cups of your chosen liquids daily. Tea and coffee can be part of your daily liquid intake, however it shouldn't be the main one. Although caffeine is a stimulant and will give you a sudden boost of energy, it will wear off during the day, decreasing your energy levels.

If you have any leftover meat and vegetables at the end of the week, you can still make plenty of meals – soups, pies, stews, stir-fries, sandwiches and wraps. The possibilities are endless!

Stocking up on healthy food may seem boring and the idea of making meals by yourself might be daunting at the start, but you never know, maybe there's a little chef hiding deep inside of you, waiting to be unleashed!

# That's a load of balls: sex myths

Josephine Gallagher

We've all heard our fair share of myths and legends when it comes to sex but it really is worth knowing what to believe if a particular, {cough} situation may arise. Whether you're a 'sexpert' or a beginner Josephine Gallagher is here to help you spot fact from fiction.

## Two condoms is better than one.

False. I have no idea where some genius got the idea to use two condoms instead of just one. This is a big no-no so please don't try it. It's not only proven to be uncomfortable

for both partners but it's also highly likely they'll both rip, defeating the whole purpose entirely. So don't try this at home kids.

## A woman can only get pregnant during intercourse?

False. If a guy ejaculates on or near a girl's vagina, those mighty swimmers might still make their way in, so be careful.

## Who needs contraception when you're standing up, right?

False! Standing, sitting, the crouching tiger; unless you have a form of contraception, either you or your partners may become pregnant.

## You can catch an STI while on the toilet?

False. This rumour has forever been circulating the realms of sexual health. Well not to worry because it's all lies. The only thing you'll find on a toilet seat is disgusting bacteria, faeces and what not, so no harm there.

## All STIs are visible, surely?

False. Certain STIs don't have obvious symptoms such as Chlamydia, Syphilis or even HIV. Other such transmitted disease may remain dormant until sometime and people can also become carriers. Get regular check-ups if you are sexually active because it isn't the case of what hap-

pens in Vegas stays in Vegas; that shit comes home with you. Also please remember that STIs are infections that are passed on from person to person, almost like a cold. Things happen. Please consult your GP or the college doctor and get it treated. Believe me, you won't be the first person they treated and you won't be the last.

## If I take the pill correctly, I can't get pregnant?

True and False. If taken correctly, the pill is over 99 per cent effective and should protect you from pregnancy. However, you should take into account if you are vomiting, taking certain medications or if you have

missed a day, the chance of you getting pregnant is highly increased.

## I should take a break from the pill.

False. Unless advised by your GP for a reason in particular, it is not necessary for women who are not experiencing side effects to take a break from the pill. Taking a break may result in an irregular cycle and result in unwanted pregnancy.

## For further information check out your local GP or these websites.

<http://www.chartermmedical.ie/sexual-health-clinic>  
<http://everymancentre.ie/>



# Dressing up student digs

Feeling comfortable in your new gaff can make a big difference. **Shauna Irwin** shows you how it can be done without breaking the bank

**I**n a student's life, things happen. It was going to be one drink, and then it was 10; you weren't going to the nightclub, but they twisted your arm. It's very easy to spend €50 without meaning to.

The Edition is here to tell you how to make the most out of your money this week by making your college crib a home-away-from-home.

With winter coming up, candles are the perfect way to warm up your digs and give you that familiar glow of a fire most students will be missing.

Scented candles can be expensive if used day-to-day and so the perfect solution comes in the form of Yankee Candle tarts. These oils are an affordable €1.50 each and can be re-used again and again.

All you need are tea light candles (which are available in Dunnes Stores - 100 for €5) and an oil burner which are available in all gift shops, not just Yankee Stores.

Dreary looking furniture can bring down the mood of an apartment. Dressing this up is very easy. Cushions and throws are your best friends when giving your place a quick touch-up.

This combination works on sofas, chairs and beds.

Throws can be useful for covering a multitude of things (those boxes in the corner you never unpacked or the broken exercise machine your landlord just didn't bother taking out of your way), while also bringing colour to the space.

With dressing up accommodation it's always the little things that make the biggest difference. Getting out of bed and stepping onto a cold wooden floor can be an unpleasant experience; sometimes without us even realising it.

Adding floor mats to the equation is another way to warm up your place, especially while you're saving on heating bills.

These can be found at affordable prices. For example these two woven rugs from Ikea, for €6 each.

Warming up your new crib is more than just re-creating familiar feelings of home and making the best of a situation. It's also about making it your own.



Adding little accessories to the mix is the best way to accomplish this. This coat hanger from Dunnes Stores is an ideal accessory to maximise your space while adding a welcoming air. This can also be used as a key holder for the more forgetful occupants.



Other items that can help you mark your place are posters or photos. This is where the more creative students can re-live the art classes we took in national school by decorating ordinary picture frames to bring more colour yet again.

Cheap frames can be found in all bargain stores like this one from Dealz from just €1.49. Keep it low cost by decorating it with things like nail varnish, paper mâché using colourful magazines and other cheap tricks to make it feel like home.

On the lines of keeping your accommodation comfortable, there is more to this than just buying cushions and picture frames. Keeping your place clean is always a help.

**W**hy the little elves that did all our cleaning before never followed us to college I'll never know! Before you stop reading; this can be done without excessive cleaning.

It's simple, if a cleaning rota hasn't worked and you see the dishes piling up it's time to invest in plastic tableware. This may be a slightly shameful alternative to taking five minutes to wash up, but it may be a necessary evil.

So there you have it, a few simple tricks to making your living space cosier. Happy living!



## Review: Lebanese Cafe

Good Middle Eastern cuisine at a decent price

Orla Stafford

\*\*\*\*

For students looking for healthier take-away food at delicious prices, the recently opened Lebanese Chef is the ideal location to satisfy those rumbling tummies.

Located on South George's street, in close proximity to both DIT Aungier street and DIT Kevin street, the newly opened restaurant is a hive of activity between offering sit-down dinners and take-away for those on their feet.

Lebanese Chef offers a delivery service Monday to Sunday to those situated on or near to their bustling location.

Where take-away is concerned, Middle Eastern food is the way to go. Lebanese is a much healthier option than typical chippers, with a lot of the food being grilled and baked with no creams or butter.

The authentic restaurant is student-friendly with a 10 percent discount if you can show a valid student card. The restaurant also provides student deals including a wrap, chips and drink for €6.00 between midday and 6pm Monday to Friday. Whether you're looking for a hefty dinner in the form of roast chicken with chips, or a light meal to settle those hunger pains, Lebanese Chef will not burn a hole in your pocket. Bring your

own beer (BYOB) is also allowed between 6pm and 9pm daily.

The menu offers traditional Lebanese dishes as well as old favourites such as a chip sandwich for €3.50 with coleslaw or ketchup. Main meals include curries, beef burgers and king prawns as well as much, much more. Also on the menu is a selection of wraps, both small and large, with customers being given the option to customise their own to suit their personal preference.

Prices range from €4.70 to €7.00. A plate of chips costs €2.80.

All grill-cooked meals are served with rice, chips or salad and the restaurant boasts a fine selection of vegetarian dishes including vegetable fajitas.

The traditional Lebanese chef caters for every taste bud with appetizers including hot chicken salad, small mazzza, vine leaves rice, and side orders including soup, chicken wings and hummus.

There is an outdoor seating area for those sunny days. The restaurant's front window hosts a large television screen which displays a demo of how to char grill meat and fish.

Staff at the restaurant are very friendly and welcoming and the term 'service with a smile' greatly applies. The restaurant limits itself in terms of space as there is only a narrow amount of seating space, but it makes up for it elsewhere. Small but perfectly formed.



## Maths Learning Support Centre



Come along to the new **Maths Learning Support Centre (MLSC)!**

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This is a free service available to all undergraduate students from any programme in DIT. Students can attend as many times as they wish.

For further information on additional supports, services, resources and locations/opening hours of the drop in centres, visit [www.maths.dit.ie/mlsc](http://www.maths.dit.ie/mlsc) or log onto our webcourses module.

Should you have any queries about the MLSC please contact us at [mlsc@dit.ie](mailto:mlsc@dit.ie)

I look forward to seeing you in the MLSC.

Dr. Cormac Breen  
Mathematics Learning Support Centre Coordinator

[www.maths.dit.ie/mlsc](http://www.maths.dit.ie/mlsc)





## Review: Croupier - 'Visor'

Greg Synnott

Croupier are one of the most understated acts to come out of Wicklow with their debut album of the same name making almost every top 10 lists of 2012 and now the band return with a five track EP 'Visor' being hailed by many as a cut above your standard melodic alternative indie rock band that can be seen playing Dublin every night of the week.

Croupier do something different and they do it well. They showcase this with their latest single 'Power Up', a dynamic sing-along that is steps ahead of their debuts harmonious sound. As the opening track of Visor, it introduces exactly where you expect the band to be at this place and time coming off a massive European tour alongside fellow Wicklow group Enemies earlier this year and decent festival circuit.

The five-track EP is full of rhythmic chops and cascading synth lines bordering on tropical expression with expressive guitars countered by the melancholic vocals of their own Oisín Murphy. And if I've lost you, just believe me, it's good. It's 22 minutes of music bursting at the seams with energy which will go down exceptionally well on the live circuit with the album being released on Friday 27th of September in Whelans. You can also catch them on the Hard Working Class Heroes Circuit.

The EP is available on Bandcamp with a limited transparent green 12" coming too. Check it out.

## Writers Wanted

Contributions are always welcome to our culture section - reviews, previews, interviews and features.

Editorial position also available:  
Culture Editor

email CVs or submissions:  
editor@edition.ie  
deadline 27/9, 10pm

# It's Bandit country

**Hannah Popham** catches up with the Rubberbandits to hear about their breaking of the UK, Shakespearean influences and how English crowds receive them



**I**t's been only two years since the Rubberbandits graced our Bolton Street campus to launch their second single 'I Wanna Fight Your Father'. Even then, three thousand DIT students flocked to hear infectious combination of hip-hop and Limerick wit and it was becoming clear that the boys were more than just a Youtube sensation.

Having finished a sell-out stint at the Soho Theatre in London in the summer, which was awarded In Time's 'Most Popular Comedy Show in London' for two weeks running, the future is looking bright for them. Scottish comedian Frankie Boyle recently expressed delight when a punter tweeted: "Just had to walk out of a show due to how offended I was. Avoid the 'Rubberbandits' show at #edfringe at all costs," which Boyle explained as: "TRANSLATION: GO SEE."

Even more impressively, the Limerick comedy duo has been asked to play the iconic Shakespeare's Globe Theatre in London next January, becoming the first all-Irish act to do so. But as two unlikely ex-teacher comedians, how are they feeling about all this newfound fame?



The Merchants of Ennis - set to play at Shakespeare's Globe Theatre in January.

Photos: Steve Ullathorne

**Q** What is it like to be more popular than Jimmy Carr?

**A** Jimmy Carr is a fellow Limerick man for us. We feel nothing but camaraderie with the man.

**Q** How does it feel to have broken the UK?

**A** We never meant to break it, just ruff it up a small bit. I suppose if Scotland get independence next year then it'll be broken properly. They'll have to cut Scotland off like a Jack Russell pup's tail and let it float up towards Iceland.

**Q** Are you Shakespeare fans yourselves?

**A** Yeah, the play that he did about the Merchant of Ennis was class.

**Q** What will you do to celebrate being the first Irish act to play Shakespeare's Globe?

**A** We're going to Climb to the top of the dome of St. Paul's Cathedral and throw Berocca tablets into the Thames, then watch the effervescent tablets fizzle. We'd then high five each other until one of us falls or gets too tired and climbs down.



**Q** How is performing in the UK different from Ireland?

**A** As a sign of appreciation, English audiences will often bring a selection of baked goods which they leave on the stage as an offering to us. By the end of a typical UK show the stage is usually full with Biscuits, Madeira cakes, Flapjacks, Hardtack, Peverini or even Brandy Snaps. We once had to stop a gig early in Birmingham because a 6 foot wall of toffee Battenburg had slowly built up from ecstatic tan fans in the frantic throws of cake philanthropy. It was like a culinary version of Pink Floyd's the Wall.

**Q** Any new projects planned for the future that we should know about?

**A** We're working on a west end musical about the Famine for 2016 that will star Dane Bowers from the band Another Level. Also a load of top secret projects that we can't talk about.



# Review: White House Down

137 minutes



Liam Kennedy



Channing Tatum and Jamie Foxx in the perfectly average White House Down

Long before its release, many people predicted that White House Down would be action-packed and explosive but also lacking in originality and this has definitely turned out to be the case for the Roland Emmerich film.

In this action thriller, the White House is taken over and everyone inside is made a hostage including President James W. Sawyer (Jamie Foxx). John Cale (Channing Tatum), a cop who was there for a secret service interview at the time, is left as the only hope of saving the day and he must rescue his daughter, the president and the rest of the hostages.

Although the film is entertaining, its main flaws are all as a result of the script by James Vanderbilt and Emmerich's direction. The central idea wasn't revolutionary by any means, but the execution of it has resulted in the movie being predictable and full of action movie clichés.

Audiences will feel like they're watching Die Hard in the White

House and the many aspects of the film will feel especially familiar to cinema goers, just mere months after the release of the similarly-themed Olympus Has Fallen.

However, fans of Emmerich (Independence Day, 2012) will not be disappointed as White House Down is full of the eye-catching effects and explosions that his work is famous for. That being said, some of the fight scenes are underwhelming and don't quite pack their intended punch.

On a more positive note, the film boasts an impressive cast. Channing Tatum not only looks right for the lead role, but also manages to bring a human element to the 'tough-guy' character in between all the scenes of mass destruction.

In addition, Tatum and Jamie Foxx's President share some enjoyable chemistry, even if their characters are a bit clichéd. The supporting cast, featuring Maggie Gyllenhaal and James Woods, also deliver some decent performances.

Another redeeming quality is the film's well-timed humour which prevents the tone from getting too serious while keeping the audience amused.

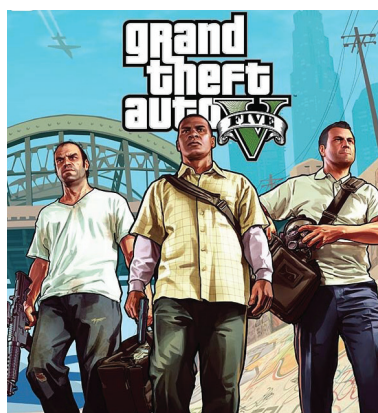
White House Down is not for fans of intelligent cinema who prefer movies that require a lot of thinking but it does make some interesting political and social points. For example, it demonstrates the attitudes of many Americans towards Middle Eastern countries and a reaction of panic amongst the public which is comparable to many real life incidents such as the recent Washington shooting.

It also shows how ordinary people become dependent on the media as the only source for knowing and understanding what is happening in the world around them.

The question of a possible domestic threat to security in America is asked in the movie, but it ultimately portrays the United States as a nation that will always manage to overcome any potential threat that it faces.

# Review: Grand Theft Auto V

Darragh Mowlds



I've never described myself as a gamer; I've never stayed up all night to complete the last mission or queued up with the masses of spotty teenagers to get the game 5 minutes before everyone else. Grand Theft Auto is different though. It always has been as it brings back those childish memories of feeling like a rebel playing those "over 18s" games.

This is arguably the most hyped up thing since the second coming of Christ and Rockstar Games have pumped a seemingly infinite amount of money into both the game and their advertising budget.

Boy did this tactic work with the game breaking all records and making nearly €600 million in the opening 24 hours. This will obviously go even higher when concerned mothers forget about banning their kids from

playing it.

Does it live up to the hype? I'm not that far in yet but at least provisionally, yes it does. The map is outlandishly large and comes with lots of wonderfully breakable things. The game play is slightly different from previous games in that you can rejuvenate health by standing away from

gunfire, call of duty style and you can switch between characters in a heated gun fight.

What hasn't changed is the ham fisted way you drive the cars, which is absolutely fantastic. I feared they would try to make them drive like a formula one car, rather than an ice cream van that's missing a wheel. I found GTA IV to be a bit, serious. It had fierce competition at the time from Saints Row, with the latter seeming to have a better understanding of its audience.

The people who play these games aren't looking for a grey, mundane game of driving your Russian friend to and from the shop. They want a purple car full of lighter fuel to explode on to a pile of burning tyres and that's how it should be.

Again, since I haven't finished it, I can't promise that it's all sunshine and shooting rainbows but so far so good.

# Hard Working Class Heroes

Greg Synnott

Hard Working Class Heroes is almost upon us once again and this time the line up and been unveiled with a plethora of exciting Irish acts playing around Dublin city from October 3rd to October 5th.

With several venues playing host to all new music, Hard Working Class Heroes schedule is packed with must see live performances from some of Ireland's finest up and coming artists including Croupier, Liza Flume, I Have a Tribe and many more.

With up to 101 acts taking the stage over the three days, Hard Working Class Heroes 2013 plans on bringing the festival season to a close in some of the best venues Dublin has to offer.

Alongside the music, 2013 will see the addition of HWCH Digital which will endeavour to deliver to those in the creative tech start up space, the support and discovery opportunity we have delivered to bands over the past ten years.

Day tickets will set you back you back €20 with weekend passes going for €45.



Liza Flume and Croupier (below) perform live.

Photos: Sarah Buckley

## LINE-UP

Affleck	Fears	Let's Set Sail	Swimmers
Anderson	Floor Staff	Lie Ins	swords
Benny Smiles	Frankenstein Bolts	Little Rivers	Tandem Felix
Biggles Flies	Funeral Suits	little xs for eyes	TELL NO FOXX
Again	Garret Moore	Liza Flume	The Altered Hours
Blades Club!	Ghosts	Maria Somerville	The Boxing Plot
Bouts	Gorgeous Colours	Mark Geary	The Clameens
Carriages	GRIM	Maud In Cahoots	The Crayon Set
Carried by Waves	Groom	Moscow Metro	The Dying
Cat Dowling	Halves	Myles Manley	Seconds
Cave Ghosts	Häuer	Niall Colfer	The Freakles
Cfit	Hozier	PLUTONIC	The Hard Ground
CLU	I <3 The Monster	DUST	The Heads Of
Come On Live Long	Hero	PRINCESS	State
Conor Walsh	I HAVE A TRIBE	Rachel Boyd	The Late David Turpin
Cove	I'm Your Vinyl	REID	The Manhattan
Croupier	Inni-K	REPLETE	Syndrome
Daithi	Jet Setter	RYAN VAIL	The Notas
Death in the	Jethro Pickett	September Girls	The Pale
Sickroom	John Cathal	Ships	The Vincent(s)
DOGS	O'Brien	Silences	The Young Folk
Dott	Joshua Burnside	Silverbacks	Thinkers
dREA	Julie Hawk	SLEEP MCEVOX	This Side Up
Dylan Tighe	KaraKara	Sleep Thieves	tieranniesaur
Elaine Mai	Kobina	So Cow	UNKNOWN
Elastic Sleep	Lasertom	Spies	Wild Promises
Fallen Rule	Leanne Harte	Sweet Jane	windings



SARAHBUCKLEY/7B



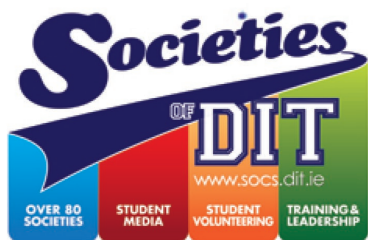
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# Yankee Jack: NFL round-up, week three

Late drama in several matches as the season starts to take shape

**Jack Maher**

This week's standout game saw the Cincinnati Bengals host the Green Bay Packers. After jumping out to a 14-0 lead in the first quarter the Bengals were blitzed for 30 straight points.

However, after a late third quarter touchdown from AJ Green the Bengals were able to rally scoring an additional 13 points in the final quarter including a dramatic fumble recovery which was returned for a touchdown

as they came out on top 34-30.

Former Eagles coach Andy Reid made a triumphant return to his old stomping ground as his Chiefs side won 26-16 to improve to 3-0, already eclipsing last season's win total when Kansas City tied for the worst record in NFL.

Tom Brady and the Patriots carved out a routine win over the Buccaneers 23-3 to keep their unbeaten record 3-0. Having struggled for chemistry over the opening two weeks New England's offence ran

much more smoothly.

New Orleans were another side to maintain an unbeaten start to the season as quarterback Drew Brees carved up the Cardinals defence recording three touchdown passes over 300 yards, and a rare rushing touchdown of his own in a 31-7 win for the Saints.

Andrew Luck and the Colts compounded San Francisco's early season slump with 27-7 road win as the 49ers offence failed to click for the second week in a row. Having ac-

quired star running back Trent Richardson via trade from Cleveland, the Colts will know look to kick on with the number one and three picks from the 2012 draft in their ranks.

For the second game this season San Diego suffered heartbreak on a last minute drive as Tennessee quarterback Jake Locker completed a last gasp Hail Mary to rookie Justin Hunter as the Titans overcame the Chargers 20-17.

Another highly dramatic game in week three was Cleveland's unlikely

win over the Vikings 31-27. Brown tight-end Jordan Cameron was the star, with three touchdowns including the last-minute game winner.

Other results included Carolina's rout of the Giants 38-0, Washington's home loss to Detroit 27-20, the Cowboy's comfortable win over the Rams 31-7, Miami's come from behind win against the Falcons 27-23, Baltimore's big win against Houston 30-9, the Seahawks thrashing Jacksonville 45-17 and the Jet's 27-20 win over divisional rivals Buffalo.

## Vettel running away with Formula 1 title



Sebastian Vettel won his seventh race of the season on Sunday.

Photo: Nick J Webb

**Danielle Stephens**

With only six races to go in the 2013 Formula 1 season, Sebastian Vettel looks set to claim his fourth world title.

The German driver, who signed on to stay until 2015, secured his 7th win of the season on Sunday in Singapore, leaving little doubt that he will regain the Championship.

Despite the team's strong position going into the Korean grand-prix, Red Bull will lose Mark Webber at the end of this season. In June the Australian announced that he was quitting Formula One racing to join Porsche's Le Mans Programme in 2014.

Webber didn't seem happy at Red Bull since the Malaysian Grand Prix, when Vettel defied team orders and passed his teammate to take first place on the podium.

The focus has switched to the struggle for second and third place in both the driver's and the constructors' standings. Ferrari's Fernando Alonso will hope to keep Lewis Hamilton in third place after a disappointing season at the Scuderia.

Despite winning his home Grand Prix, Alonso failed to really challenge Vettel for the title. Rumours of in house fighting at Ferrari, stemmed from the Spaniard being reprimanded by Ferrari president Montezemolo for his "negative comments" after

the Hungarian grand prix.

Hamilton made headlines at the end of last season by announcing his move to Mercedes from McLaren. However, he never looked like contending for the title, winning just one of 13 races.

It seems the British driver's former team have given up on this season and are looking ahead, developing their car for 2014. McLaren's Jenson Button and Sergio Perez have failed to reach the podium. However, both Button and team principal, Martin Whitmarsh, are optimistic that they will be in contention for next year's championship.

Lotus has contended well throughout the season, starting with a win in Australia for Kimi Raikkonen. However, the Fin, along with teammate Romain Grosjean failed to capitalise. The team now have to find a replacement for Raikkonen who announced his move to Ferrari in the place of the outgoing Felipe Massa.

Pirelli and faulty tyres dominated the headlines mid-season, due to an explosive British grand prix- literally. After four drivers suffered tyre blow outs during the race, calls were made for better quality tyres. Although the tyre company have been blamed for a lack of excitement in recent races, Pirelli have put it up to the different teams to make the races exciting.

With six races to go, it's all to play for as Alonso, Raikkonen and Hamilton battle it out for second.

Continued from the back page

## Dublin bring Sam back to the capital

2-12 to 1-14 victory over Maigh Eo

**Rachael O'Brien**

Mayo went on to score three more points and it wasn't looking good for Jim Gavin's side as the heads began to drop and the Dublin fans got quieter.

The fear of a repeat of last year's semi-final loss against Mayo was in all of the Dublin fans' heads.

But in the sixteenth minute of the game, All Star winner 2010 and 2011, Bernard Brogan found the net for the Dubs and scored their first goal. The stadium erupted and suddenly the game was all square.

Even though the atmosphere was electric, both teams were not playing up to standards.

The match was only 20 minutes in and Mayo had racked up five wides early on. Dublin seemed to be holding back slightly, afraid to win the ball in midfield. At half-time the score sat at Mayo 0-8, Dublin 1-4. The boys in blue were only trailing by a single point and were quite lucky at this stage, as Mayo had had the opportunity to be well in front.

Dublin began the second half with a bang and seemed to have fire in their blood once more. Dublin substitute, Eoghan O' Gara tried for goal but only managed a point as Mayo



The blue of Dublin will be back on the Sam Maguire

Photo: Bob Mendo via Flickr

goalkeeper, Robert Hennelly made a superb save to stop the Dubs taking a two point lead.

The youth in the Dublin side seem to have been lacking as Paul Mannion hobbled off in the first half and Ciaran Kilkenny was taken off six minutes into the second half.

To say that the match was close would be an understatement, as early on in the second half, as the margin never went more than a three point advantage. Fifty minutes into the game and Dublin were leading by three points. This lead didn't last very long however, as Andy Moran launched the ball into the net past Dublin goalkeeper, Stephen Cluxton. This was bad play by Cluxton as he was off his line and failed to cover his goal.

However, four minutes later, the boys in blue bounced back as Bernard Brogan scored his second goal of the match.

Brogan has been a player that has had an inconsistent season but this was all forgotten by the fans as the St Oliver Plunketts/Eoghan Ruadh man propelled the Leinster side back in the lead. The goal was taken in style as Brogan palmed it over Robert Hennelly's head.

With two minutes left in the All-Ireland football final, Dublin were leading 2-12 to 1-12.

With only a goal in the difference,

injury time proved crucial to the Dubs as the announcement was made that four extra minutes was to be played. Cillian O'Connor knocked a point over for Mayo and Dublin's lead got smaller. With only two points between the teams, and Mayo having a free kick in front of the goal, fans of both teams, held their breath as O'Connor stood up to the mark once more. The obvious thing for the Mayo man to do would be to go for goal, but after consulting with the referee over time, the Mayo forward sailed the ball over the bar to reduce the Dublin lead to one point.

Many fans questioned O'Connor's motives but in a post-match interview he revealed that the referee told him that there were over thirty seconds left.

However, as Stephen Cluxton kicked the ball back to midfield the referee's whistle blew and Dublin had secured Sam once more.

In a slightly controversial end to the game, Jim Gavin had captured the coveted All-Ireland title in his first year as Dublin manager.

For now, the capital will be coloured blue for some time, but Mayo can hold their heads high and say they put up a fight. Until next year, the GAA season is over and what a season it's been. Final score at Croke Park, Dublin 2-12 Mayo 1-14.



## SPORT

Sports Editor: Position Available editor@edition.ie

# Falls Road fighter

**Colin Layde** talks to Olympic bronze medalist Michael Conlan about the boxer's childhood, life after the London Games, and his plans to turn pro

**B**elfast boxer Michael Conlan is currently preparing for this October's World Amateur Championships in Kazakhstan, but don't expect to see him in a head guard and vest much longer.

Conlan began boxing as a seven-year-old at the Saint John Bosco boxing gym at the bottom of the Falls Road in West Belfast. Following in the footsteps of his two older brothers in taking up the sport, boxing provided a lifeline in one of the most economically deprived parts of the city and an area synonymous with The Troubles. As a boy, the main fighter that the young Conlan idolised was not his fellow countryman Barry McGuigan, nor Wayne McCulloch, but flamboyant former featherweight world champion Prince Naseem Hamed.

"Prince Naseem was always the fighter I looked up to when I was a kid. I admired the way he boxed and liked how cocky he was."

Conlan trained for the London Olympics at Saint John Bosco, which at the time had no toilets or showers. Despite the humble surroundings, Conlan would go on to claim a bronze medal at the London games. The boxer feels that without the sport, he may have drifted toward a life of crime and drugs.

"Boxing has definitely changed my life for the better. I come from a poor community, there is a lot of drugs, drink and crime. I could have easily gone down a different path given the atmosphere in my area, but luckily I found boxing and it gave me



Michael Conlan: Olympic bronze medalist and European silver medalist at 21

Photo: Michael Hade, IABA

discipline."

Life has changed dramatically for Conlan since capturing bronze at the London games. He has been immortalised in a mural on a wall once reserved for Republican paramilitaries along the Falls Road, and is a regular guest on television chat shows. While acknowledging his life has been transformed by his success, the 21-year-old does not feel it has changed him.

"It is different, things come a lot easier now," he laughs. "It hasn't changed me though, I'm still the same person I always was."

The boxer travels to Kazakhstan looking to improve on the silver medal he claimed at the European Amateur Boxing Championships in May. The final in Minsk saw Conlan suffer his third successive defeat to Welshman Andrew Selby, who claimed the flyweight gold. He thinks that Selby will once again be his main rival for gold in Baku. Despite the rivalry, however, there is no ill will between the two, with the pair even bumping into each other on

a recent holiday.

"Even though he is my main rival in the sport, I can't hate him. I try to hate him because he has beaten me three times, but he is a great boxer and a nice guy. I even ran into him on holiday in Magaluf and we were talking, it was funny."

This year has seen Conlan fight in the World Series of Boxing (WSB) for the first time, Competing for the US Knockouts. The WSB is organised by the Amateur International

Boxing Association (AIBA) and allows boxers to receive money for fights while retaining their amateur status. Fighters in the WSB do not wear protective head guards or vests, while fights are fought over the longer duration of 5 rounds and are scored using the '10-point must system' found in professional boxing.

"I like fighting without the head guard and prefer the 10-9 scoring system to the points system, so it was something I really enjoyed," he said.

Conlan says he intends to discard the vest and head guard for good after representing Northern Ireland at the Commonwealth Games in Glasgow next year. The news will come as a blow to the Irish Amateur Boxing Association, with the boxer considered one of Ireland's brightest medal hopes for the 2016 Rio Olympics.

It remains a possibility, however, that Conlan will compete in Brazil. His decision to join his brother Jamie among the 'pros', he explains, has been made easier by recent moves on the part of the AIBA to allow professionals to compete in the Olympics. The AIBA's proposals would allow boxers to fight a certain number of professional fights per year and retain Olympic eligibility. The plans could potentially see professional stars like Manny Pacquiao or heavyweight champion Vladimir Klitchko compete in Rio.

"The way amateur boxing is going right now, it doesn't seem to be going in the right direction. The new rule changes have made it easier to make up my mind up, I think they are stupid and will ruin amateur boxing. I'm definitely planning to turn professional after the Commonwealth Games."

Conlan will travel to Kazakhstan with many expecting at least a medal, and that expectation will only heighten when he turns professional. The unprecedented success enjoyed by Irish amateur boxing in recent years has not been replicated in the paid ranks. Bernard Dunne remains the only Irishman to have worn a world title around his waist in over a decade.

"I want to be a world champion, it's something I have always dreamed of," says Conlan. "I don't care about other people's expectations; I don't fight for them."

## LoI: Title chase analysis

Ryan Nugent

Just as it seemed that wheels were about to fall off St Patrick's Athletic's title charge, the Inchicore club drove themselves firmly into pole position with a two nil victory over closest challengers Dundalk.

Although this significant victory leaves Pat's three points clear at the top of the Airtricity league of Ireland, with each side having five games left to play, the title race is still on a knife edge, especially given the run in that the Saints have, on paper, the toughest run-in out of the three challengers, facing both Sligo Rovers and Derry City at home, before a final day trip to Cork. Dundalk, on the other hand will fancy their chances of five wins out of five, with only Derry at home, a potential problem. On the other hand, Sligo will visit both Pat's and Shamrock Rovers before the seasons end.

The faith of the trophy is firmly in the hands of the Dublin club and they'll know that four wins and a draw will be enough to clinch their first league title since 1999.

St Pat's have been the league leaders for almost twenty games with an easy on the eye style of play. They've been the most entertaining side this year and Liam Buckley's boys highlighted the mental strength needed, when they put an end to Dundalk's sublime 8 game winning streak, which looked to be putting the Louth side in pole position.



### Prediction:

St Patrick's to win it, but with a dramatic final day victory in Cork to pip Dundalk by a point.

“The new rules are stupid and will ruin amateur boxing”

This year, The Edition wants to provide the best coverage of all DIT sports. All contributions are welcome, will be considered for publication, and feedback will be provided. DIT has a famous history of sporting success - we want to cover it.



# Arrivederci Trap

Where now for the national team?

**Darragh Mowlds**

The reign of Trapattoni reached an inevitable and long overdue end in the past couple of weeks and opinions vary wildly about the manager's stint in charge of our boys (or rapidly ageing men in the case of Robbie Keane) in green.

While he brought an end to Stan the Unfortunate's spell as manager and took us to our first Euro Championships since 1988, there was always something lacking about him. Maybe it was because he didn't really care. You might say that's overly harsh, or that I don't know his thoughts but if he cared then surely he would have gone to see matches, follow his players' performances or at the very least learn English? I'm sorry but the man had about 20 days' work a year and was being paid well over a million euro a year and he couldn't even learn the language?

Ireland has and has always had Small Country Syndrome. This country is a drop in the Footballing Ocean in the grand scheme of things. Yet, each time around we expect the Irish



O'Neill v Trap: brave new world or plus ça change?



Photo: PanArmenian; Dallil58 via Flickr

team to at least qualify for the next major competition. Anything else is considered a failure. These unrealistic expectations that are attached to a very limited pool of players would put any overseeing manager under ridiculous pressure. The aforementioned Stan is a prime example. The man was an incredible servant to Irish football throughout his playing career but the pressure, his inexperience and some truly awful displays put an end to his Irish dream. I don't expect greatness anymore, all I expect is the same any under-10s football manager expects on a Sunday; just do your

best lads.

But doing our best doesn't negate the effects of leaving our best players out of the side. Will playing Darron Gibson, Anthony Stokes and Steven Ireland make a significant improvement to the side? Maybe not but how can it hurt?

Now that Trap is gone, it'd be fair to assume that the international careers of Simon Cox, Conor Sammon and Paul Green will all come to an end. How they ever got into the squad let alone the first team is beyond me. What must the rest of the world have thought of us in the Euro Champion-

ships, when, Spain are playing us off the park, our answer is to bring on the midfield maestro, Paul Green. A man, who not long before didn't even have a club.

Martin O'Neill is the name being linked with the job and it might be an opportunity for him to rebuild his reputation after an unsuccessful spell with Sunderland. To be honest, other than the money, which is outlandishly high, I can't see another reason for him to take it. For all his flaws, Trap had one major problem: the current crop of players simply isn't good enough. Previous Irish managers had players like Roy Keane, Liam Brady and Johnny Giles. Who do we have? Jeff Hendrick? Who? Exactly.

I fear it will be an extended period of pain for Irish fans, the players coming through aren't good enough and Robbie Keane is the sole survivor of the golden generation of the 2002 World Cup. Odds are, our team for the next World Cup will include Robbie Keane, and for the time being, that is unfortunately justified. He is our only goal-scorer. The fact that the other 89 minutes with him up front is like playing with 10 men has to be ignored.

But it can't all be that pessimistic can it? Surely someone will step up? Well there is some hope in players such as Séamus Coleman and Robbie Brady, both of whom are in fine form for their clubs but Martin O'Neill, or whoever is appointed, has one hell of a job on his hands. You'll never beat the Irish? We'll see.

## O'Neill to the rescue?

**Piers Moyles**

Irish soccer fans will have to wait a little longer before discovering who will lead the team into the EURO 2016 campaign.

Martin O'Neill was expected to be named the new manager as early as this week after the FAI held a meeting on September 19th to discuss managerial options. However, it is now believed that they could wait up until November in order to get their man.

Waiting until November to appoint a new man could prove a costly mistake. The final games of the current group – which take place in October – are crucial in relation to the qualifying campaign for the next tournament. If Ireland finish the group poorly this will affect their coefficient ranking, which may result in a tougher qualifying group for EURO 2016. However, Ireland will still have improved chances of qualifying for the Euros with the tournament increasing to 24 teams from the old system of 16.

The former Aston Villa manager would seem a sensible appointment given that he is out of work at the moment but he is out of work for a reason. Although he did an exceptional job at Celtic and Leicester where he won a combined total of ten trophies, his last outing at Sunderland was not so fruitful.

The football that the Black Cats played under O'Neill received widespread criticism and was apparently one of the reasons for his eventual removal sacking. Sunderland won just 21 of the 66 games he was in charge of but O'Neill would probably point to the travails of his recently sacked successor at the helm, Paolo Di Canio, to suggest that he was not solely responsible for the club's poor form.

So is he the right man to take Ireland forward? His style of play at Celtic and Aston Villa was much more expansive than at Sunderland, with quick transitional play and passing. Personnel under O'Neill may also be different with the likes of Darren Gibson coming back into the international fold.

If Martin O'Neill can change the system, make it less rigid, and introduce some new faces to the squad, things could look a lot more optimistic. But, if he continues on the impotence that existed at the end of Trapp's reign, we could be in for a long couple of years.

## Can Bale become a Galact-ego?

**James Hopper**

Signing for the world's biggest club and for a world record transfer fee brings pressure.

Not just from your new club's fans but from your new colleagues as well. However, Gareth Bale would have had no doubts beforehand that he must repeat past heroics in order to prove himself to a new and demanding dressing room.

For all his seemingly genuine talk of how the move really is a dream come true, the Welshman would have wanted his arrival to have been surrounded by less drama. Real Madrid rarely miss out on a top target and this summer was no different. Previ-

ously heralded stars such as Gonzalo Higuain, Kaka and most surprisingly Mesut Ozil were shown the door in order to make way for a single, albeit outstanding, player.

Los Blancos also added the likes of Asier Illaramendi and Isco but there is an impression that Madrid is now a weaker side.

Teammates were vocal in their disapproval over the sale of Mesut Ozil which unfortunately for Bale, was sealed on the same day as his transfer. Cristiano Ronaldo, who Bale referred to as 'The Boss', apparently cried after hearing the German international was to leave on transfer deadline day, such was his former teammate's effect on his tremendous goal-scoring record.

If Bale was hoping to ease his way

into Spanish football after missing the majority of pre-season he was mistaken. Not only does he possess the pressure from an arguably inflated price tag, he will be expected to run Ronaldo close in the goal-scoring department as a way to make up for those who have left the club.

Bale is constantly tagged as a shy and unassuming figure in an otherwise arrogant band of elite footballers.

However, for a quality that once won him admiration, it is exactly this trait that will be looked at as a possible weakness in his quest to reach the top. For his much anticipated debut against Villarreal Bale blanked the press after the game, much to the annoyance of the travelling British media. It is events such as these that

can go a long way as to how well he is initially received.

Prior to signing a new and improved five-year deal – double what Bale earns – Cristiano Ronaldo would have felt upstaged by a player who is yet to reach his level in the game.

Ronaldo has already been accused of jealousy after lunging at the winger in his first training session, but other players that were present made light of the situation.

For a player whose game is based on power and speed, adapting to a technically demanding league will likely be his biggest test.

But if he is successful in doing so, nobody will care whether his ascent to the top is surrounded by talk or deafening silence.

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# THE EDITION Sport



**“I could have easily gone down a different path in life, but luckily I found boxing**  
- Michael Conlan

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Alan and Bernard Brogan celebrate with Alan's son Jamie and the Sam Maguire Cup after the game

Photo: Sportsfile

## DIT student in All-Ireland women's frisbee final

Matthew Colfer

DIT student Niamh Meighan was part of the LMS squad who won the Women's Division of the All-Ireland Ultimate Frisbee Championship, held in Cork on the 6th and 7th of September.

Meighan, a second year Visual Communications student, said she was “both excited and nervous” prior to playing in the final.

LMS played tournament hosts Rebel in the final. Meighan said the opposition “put up such a great fight against our small team” in the match having already beaten the Cork side earlier in the day in a group match.

Having won the title in 2012, Meighan said: “It was definitely LMS's aim to retain the title. We had a great summer of training really hard so we were prepared to fight hard to get to the final.”

There was heartbreak for fellow DIT student Shaun Cullen in the Open Division Jabba 1 narrowly lost out to a very strong Ranelagh 2 side.

The fourth-year Marketing student, who represented Ireland at European and World level under-19, said: “playing for Ireland juniors was incredible especially as I was quite new to the sport at the time. Playing with Jabba was much different as I'm obviously older and hopefully wiser. There was a big crowd watching the final which made it special as well as it being my first final in the higher division.”

Both players are also members of DIT Ultimate Frisbee Club and will be playing this year. Other DIT students in the tournament were Aofie Delaney and Aislinn McCooey (both Jabba 2). In the Open Division DIT had Kieran Abrook (Jabba 2), Phil Doyle (Derezzed), Aidan Kelly (Hammertime) and Matthew Colfer (OCS).

# Dublin victory

Dramatic end to All-Ireland final as Dublin defeat Mayo 2-12 to 1-14

Rachael O'Brien

Dublin were crowned the winners of this year's All-Ireland Football championship last Sunday after a one

point win against Mayo.

This is the second time in two years that the Dubs have won the coveted Sam Maguire cup, while Mayo's 62 year drought will have to continue on for another season.

The match got off to a slow start, with the first score coming four minutes into play from Mayo full-forward, Andy Moran. However, one minute later and Dublin half-forward, Diarmuid Connolly levelled

the game by scoring a point from play.

Continued

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Vettel wins again p22



Galact-ego Bale p23



Oh'Neill... p23

